



Nutrition during Pregnancy and Lactation: Implications for Maternal and Infant Health

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Message from the Collection Editor

WHO and UNICEF recommend that children initiate breastfeeding within the first hour of birth and be exclusively breastfed for the first 6 months of life. Breastfeeding is clearly relevant not only to maternal and child health but also non-communicable diseases such as breast cancer and diabetes as well as overweight and obesity. It also contributes to equity by giving all children a nutritional head start for success life. Protection, promotion and support of breastfeeding is essential in achievements of relevant parts of the newly launched Sustainable Development Goals by 2030 (*by UN*), including good health and wellbeing, nutrition, no poverty, quality education, inclusive economic growth and etc.

It is critical to expand efforts ending preventable death and disability of women by access to respectful and high-quality maternity care, and ensuring every child survives and thrives to reach their full potential. Children must be given a stable environment in which to thrive, including good health and nutrition, protection from threats and access to opportunities to learn and grow. Investing in children is one of the most important things a society can do to build a better future.





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