

Early-life contributors to child well-being

Diet plays a key role in supporting healthy physical and cognitive development

The gut-brain axis is bi-directional. A deeper understanding of this two-way relationship creates opportunities to change the focus of healthcare from the diagnosis and treatment of illness to the fostering of well-being.

FACTORS SUPPORTING PHYSICAL AND COGNITIVE DEVELOPMENT



FACTORS SUPPORTING THE DEVELOPMENT OF HEALTHY BEHAVIOURS

Maternal factors, feeding practices and healthy food choices contribute to optimal physical and cognitive development and support child well-being.

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Breastfeeding is best for babies

IMPORTANT NOTICE: A well-balanced diet, both during pregnancy and after delivery, helps sustain an adequate supply of breastmilk. Exclusive breastfeeding is recommended during the first 6 months of life followed by the introduction of adequate nutritious complementary foods, along with sustained breastfeeding up to two years of age and beyond.