



NUTRITIONISTS AND DIETITIANS

play a key role in shaping food choices, improving nutritional status, and providing preventative and therapeutic intervention in both general and emergency settings. By protecting, promoting and supporting breastfeeding, you contribute to ensuring good nutrition, food security and poverty reduction.

Here is how breastfeeding is linked to the Sustainable Development Goals (SDGs) and contributes to global nutrition, food security and poverty reduction.



NO POVERTY: Breastfeeding is a natural and low-cost way of feeding babies and children, with no additional burden on household budgets.



ZERO HUNGER: Exclusive and continued breastfeeding can help prevent hunger and under/over nutrition.



GOOD HEALTH & WELL-BEING: Breastfeeding improves the short- and long-term health and well-being of the mother-infant dyad.



RESPONSIBLE CONSUMPTION AND PRODUCTION: Breastfeeding provides a healthy, non-polluting, sustainable and natural source of nutrition and sustenance.

Protect, promote and support breastfeeding through the



www.waba.org.my/warm-chain/





As a **NUTRITIONIST/DIETITIAN**, you can support breastfeeding in many ways

1. Include breastfeeding when addressing nutritional status, especially in humanitarian crises.
 2. Address barriers to optimal breastfeeding through behaviour change and communications.
 3. Incorporate breastfeeding in information and training courses.
 4. Ensure that standard breastfeeding indicators are used in surveys and research.
 5. Advocate for optimal breastfeeding in policies and programmes related to public health and nutrition.
 6. Empower mothers with strategies to enable them to combine breastfeeding and work.
7. Work together to ensure a continuum of care for the mother-baby dyad.
 8. Ensure compliance with the International Code of Marketing of Breastmilk Substitutes.
 9. How else can YOU support breastfeeding?
 - ▶ in your care? -----

 - ▶ in your community? -----

 - ▶ in your country? -----



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