



ABSTRACT

The importance of nutrition in the life cycle

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Website
<http://www.worldnutrijournal.org/>

Nutrition plays a crucial role from the moment of conception to the final years of life, shaping our health outcomes and improving quality of life. The importance of nutrition in one's life starts even before birth: during pregnancy, the nutritional status of the mother affects fetal development and pregnancy outcomes. Supplementation of vitamins and minerals is also necessary to ensure optimum fetal growth without compromising the mother's health. During infancy up to teenage years, nutrient needs are at their peak due to rapid growth and development. Once an individual enters adulthood, nutrition becomes the key to maintaining health, preventing chronic diseases, and managing age-related health issues. In Southeast Asia, various nutrition programs in different life stages exist to aid in achieving proper nutrition, such as nutrition surveillance, nutrition education, nutrition counselling, supplementary feeding, breastfeeding promotion, growth monitoring, and micronutrient supplementation. Among different life cycles, a lot of Southeast Asian countries focus on promoting nutrition programs for pregnant women, this is because nutrition intake and status affect fetal growth and development, which have a direct relationship with an infant's nutritional status. Overall, focusing on nutrition throughout the life cycle is crucial in maintaining healthy human resources. Proper nutrition during early life leads to healthier and more developed human capital, allowing them to have a better quality of life and decreasing their risk of developing diseases. This also positively impacts the country's economy by having productive human resources and lower costs in managing age-related diseases.

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