1 billion candles
Igniting the potential of 1 billion women & girls through better nutrition
When women and girls are well-nourished, they can meet their full potential and be drivers of change.

When they are well-nourished, their potential lights up and can transform our world.
However, the unique and powerful light of 1 billion women and girls is being *overshadowed* by malnutrition.
Malnutrition is a landslide on the road to health, education and opportunity.

It blocks the path to development and fulfilment, dimming the present and future of 1 billion women and girls.
When girls have good nutrition, they stay in school longer, learn more, and earn more.

A well-educated girl can be a beacon of hope and a force for good at all levels of society.
With good nutrition, women and girls can help build a brighter future for themselves, for their families and for entire communities.
Access to better nutrition and greater nutrition knowledge are simple ways to help ignite their inner light.
And igniting the potential of 1 billion women and girls will redefine what is possible for themselves and, ultimately, for all of humanity.
Imagine what would happen to our world if we could light the candle power of 1 billion women and girls through better nutrition... That would be some light to see.

#1BillionCandles
We imagine a world where all women and girls are healthy and thrive. Imagine with us. 

www.micronutrient.org

More about the benefits of vitamins and minerals:

- **Vitamin A** boosts immunity, protects from preventable childhood diseases and helps prevent blindness.
- **Folic acid** contributes to maternal health and to the development of a baby’s spinal cord in the first month of a woman’s pregnancy.
- **Calcium** helps women avoid dangerous health complications due to elevated blood pressure during pregnancy.
- **Iron** is necessary to prevent anemia and fatigue — also — women who take iron during pregnancy have a lower risk of pre-term deliveries and of low-birth-weight babies.
- **Iodine** helps reduce preventable brain damage and generally supports mental and physical development.
- **Zinc** combined with oral rehydration salts — when given to children under five years of age — helps reduce the severity of diarrhea and contributes to faster recovery.

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