

CVDs are a group of disorders of the heart and blood vessels including mainly coronary heart disease and cerebrovascular disease. According to the WHO, more than four out of five CVD deaths are due to heart attacks and strokes. Atherosclerosis is the leading cause of CCVD, and numerous studies in recent decades have demonstrated that atherosclerosis begins in childhood. The formation of healthy eating habits should begin with maternal nutrition during pregnancy. LBW is associated with increased mortality from coronary heart disease and a higher risk of hypertension. Overeating in pregnancy causing excess weight gain in the fetus is also associated with CVD in the future. The first postnatal feeding must be breastfeeding, sustained and exclusive because it has many benefits for health that last throughout life. What is promoted to adults as a healthy diet should start here: fruits and vegetables daily, little salt and sugar, and avoiding processed foods. In summary, there is strong evidence supporting the benefits of a healthy diet for pregnant women, exclusive and long breastfeeding, and weaning for long-term cardiovascular health.