

Nutrition in the First 1000 Days

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- ***After the completion of this lecture, The learner will:***

1. Describe the definition of the first 1000 days
2. Outline key nutrients for fetal and infant development
3. Highlight food sources and guidelines for pregnancy and lactation

Nutrition is critical from conception through 2 years of life and includes important maternal diet interventions for the Pediatric Provider to incorporate into practice (1,2). Not only fetal pregnancy outcomes can be impacted by maternal nutrition guidance (3,4) but fetal brain development for not only cognition but also behavior can be affected (1). In addition, human milk feeding is recommended for the infants first 2 years of life (5) but many clinicians are unaware that nutrient composition of mother's milk can be dependent by her diet (6). This presentation will describe a practical strategy to incorporate these nutrients into food and supplemental choices for practice.

Selected References

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7. Copp K, DeFranco EA, Kleiman J et al. Nutrition Support Team Guide to Maternal Diet for the Human-Milk Fed Infant. Nutr Clin Pract 2018 Oct;33(5):687-693