Key Takeaways

**PREGNANCY AND DIET**
- Keep a balanced diet during pregnancy to provide proper amounts of nutrients for yourself and baby.
- Supplementing with DHA, Folic Acid, and other important nutrients that your diet may lack are important in order to meet recommended levels of vitamins, minerals, and nutrients through pregnancy.

**CHOOSING INFANT FORMULA**
- The brain develops even after birth, so adequate nutrition via breast milk or formula is important for your baby’s health.
- Talk to your healthcare provider for nutrients they suggest should be present in your diet during breastfeeding or in infant formula.
- Assess guidelines set up by the American Academy of Pediatrics to ensure you choose a formula meeting their recommendations.
- Evaluate the formulas you are thinking of purchasing. Take advantage of what science has learned from breast milk composition when choosing a formula.

Series Schedule

- Intro to Nutrition & Brain Health
  - MARCH 4
- Early Life Nutrition & Brain Health
  - MARCH 18
- Childhood Nutrition
  - APRIL 1
- Physical Activity in Childhood
  - APRIL 15
- Nutrition & Wellness into Adulthood
  - APRIL 29
- Nutrition, Wellness, & Aging
  - MAY 13

To evaluate the course follow the QR code below or text @NWB1 to 73940

We've moved online!
Due to the COVID-19 virus, we will be holding sessions online until further notice.

**Next Week:**
**CHILDHOOD NUTRITION**

We will be explaining which nutrients are thought to be beneficial for optimal brain health in childhood. Then we will be showing evidence for improved cognitive function (intervention trials) and nutrition status in children.