

WEEK 2 · MARCH 17, 2020

EARLY LIFE NUTRITION & BRAIN HEALTH

This series is hosted by University of Illinois Extension and the Interdisciplinary Health Sciences Institute.

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.

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.

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



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NUTRITION, WELLNESS, & THE BRAIN

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