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Nutrition in the First 1,000 Days: Deficiency and Toxicity Prevention for Cognitive Development

Nutrition in the first 1,000 days of life is important because much of the brain structure and capacity is developed during this time. The first 1,000 days are defined as the time from conception to the child's second birthday. Adequate nutrition during this time is critical for long-term health outcomes including brain development, healthy growth, and a strong immune system.

The states of the first 1,000 days include pregnancy, infancy, and early childhood. There are differences in nutritional needs during different stages of development. Often, there are short windows when under or overexposure can have long-term impacts. Malnutrition, which is often understood as undernutrition, can lead to nutritional deficiencies. Conversely, malnutrition also includes overnutrition and overexposure to certain nutrition or contaminants.

[Access the practice tool here!](#)

This podcast is a discussion with Ms. Emily Bair, pediatric dietitian, on Nutrition in the First 1000 Days.

[Access the podcast here!](#)

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