Nutrition in the First 1,000 Days: DHA

Susan E. Carlson, PhD
University of Kansas Medical Center
- Importance of DHA and long-term cognitive outcomes
- Low intake levels of DHA indicated in NHANES data
- DHA dietary recommendations and guidance for mothers and infants

Go to this course: pnce.org/1000-DHA

Nutrition in the First 1,000 Days: Iron

Michael K. Georgieff, MD
University of Minnesota
- How iron deficiency hinders brain development
- Long-term consequences of iron deficiency
- Managing iron deficiency in pregnant women and infants

Go to this course: pnce.org/1000-Iron