



You're Invited to a Physician CME, Nurse, Registered Dietitian and CE Group Viewing Event

Nutrition in the First 1,000 Days: DHA

Professor of Nutrition, **Susan E. Carlson, PhD**, emphasizes the importance of providing the essential fatty acids, DHA and ARA for brain development and cognition. Sufficient dietary consumption of long-chain polyunsaturated fatty acids is vital throughout the first 1,000 days, especially during pregnancy and breastfeeding. Prenatal and postnatal DHA affects cortical visual acuity, sustained attention, problem solving ability, as well as brain structure and function. Dr. Carlson reviews the dietary recommended DHA intake for mothers and infants, and outlines a balanced diet after infancy, with foods that contain DHA.

Date

Time

Location

Organized by

For more info contact

After viewing, go to <https://pnce.org/gv/58813> to complete a short assessment and get your certificate.

Accreditation and Certification

The Annenberg Center for Health Sciences at Eisenhower is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit Designation-Enduring Material

The Annenberg Center for Health Sciences at Eisenhower designates this enduring material for a maximum of 1.0 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Annenberg Center for Health Sciences is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

A maximum of 1.0 contact hour may be earned for successful completion of this activity.

Provider is approved by the California Board of Registered Nursing, Provider #13664, for 1.0 contact hour.

Annenberg Center for Health Sciences at Eisenhower is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 1.0 continuing professional education unit (CPEU) for completion of this program/material.

Provider number: AC857

Activity number: 160178

Learning Objectives

At the conclusion of this activity, participants should be better able to:

- Associate DHA in the first 1,000 days with long-term cognitive outcomes
- Provide proper DHA dietary recommendations to mothers and infants in the first 1,000 days

