

# Optimizing Early Nutrition for Long-Term Benefits

## Clinical Resources

### Guidelines and Resources for Health Care Providers

#### Nutrition in the First 1,000 Days:

Advocacy for Improving Nutrition in the First 1000 Days to Support Childhood Development and Adult Health (Schwarzenberg et al, 2018)

<https://publications.aap.org/pediatrics/article/141/2/e20173716/38085/Advocacy-for-Improving-Nutrition-in-the-First-1000>

#### Nutrition During Pregnancy:

Macronutrient and Micronutrient Intake during Pregnancy: An Overview of Recent Evidence (Mousa et al, 2019)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6413112/>

#### Guidelines for Infant Feeding:

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC): Guidelines for Feeding Healthy Infants (2018)

[https://wicworks.fns.usda.gov/sites/default/files/media/document/Guidelines\\_for\\_Feeding\\_Healthy\\_Infants\\_1ob\\_Aid.pdf](https://wicworks.fns.usda.gov/sites/default/files/media/document/Guidelines_for_Feeding_Healthy_Infants_1ob_Aid.pdf)

#### Complementary Feeding:

Complementary Feeding: A Position Paper by the European Society for Paediatric Gastroenterology, Hepatology, and Nutrition (ESPGHAN) Committee on Nutrition (2017)

[https://journals.lww.com/jpgn/Fulltext/2017/01000/Complementary\\_Feeding\\_A\\_Position\\_Paper\\_by\\_the.21.aspx](https://journals.lww.com/jpgn/Fulltext/2017/01000/Complementary_Feeding_A_Position_Paper_by_the.21.aspx)

### Tools for Health Care Providers

#### American Academy of Pediatrics: First 1,000 Days Knowledge Center

<https://publications.aap.org/first1000days>

#### American Academy of Pediatrics: Vitamin and Mineral Deficiencies Digital Tool

<https://www.aap.org/en/patient-care/newborn-and-infant-nutrition/vitamin-and-mineral-deficiencies-image-tool/>

#### American Academy of Pediatrics: Newborn and Infant Nutrition Assessment Tools

<https://www.aap.org/en/patient-care/newborn-and-infant-nutrition/newborn-and-infant-nutrition-assessment-tools/>

### Resources for Families

#### CDC: Infant and Toddler Nutrition

<https://www.cdc.gov/nutrition/infantandtoddlernutrition/index.html>

#### Nutrition in the First 1,000 Days

[https://thousanddays.org/wp-content/uploads/1000Days-Nutrition\\_Brief\\_Brain-Think\\_Babies\\_FINAL.pdf](https://thousanddays.org/wp-content/uploads/1000Days-Nutrition_Brief_Brain-Think_Babies_FINAL.pdf)

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### Infant Nutrition Council of America: Infant Feeding

<https://infantnutrition.org/infant-feeding/>

### American Academy of Pediatrics: Infant Feeding Resources for Parents and Child Care Personnel

<https://www.aap.org/en/patient-care/newborn-and-infant-nutrition/infant-feeding-resources-for-parents-and-child-care-personnel/>



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