

ON-DEMAND VIEWING

pnce.org/Optimize-Early-Nutrition



Free CE course—archived presentation.

Optimizing Early Nutrition for Long-Term Benefits

Presented by Sharon Donovan, PhD, RD, and Michael Georgieff, MD

Drs. Donovan and Georgieff review what is currently known about the influence of nutrition during the first 1,000 days of growth and development. Human milk—the model for optimal nutrition—is discussed, including its nutritive and nonnutritive components, how it functions as a dynamic biological system, and the latest breastfeeding guidelines. The implications of suboptimal early nutrition are addressed, along with the role of pediatric clinicians in providing practical, evidence-based advice to caregivers on this complex issue.

About the Presenters

Dr. Donovan is professor and Melissa M. Noel Endowed Chair in the Department of Food Science and Human Nutrition, and Director of the Personalized Nutrition Initiative at the University of Illinois at Urbana-Champaign.

Dr. Georgieff is Martin Lenz Harrison Land Grant Chair and professor of Pediatrics, Obstetrics and Gynecology, and Developmental Psychology at the University of Minnesota.

Learning Objectives

By participating in this webcast, you will:

- Identify nutrients critical for brain and cognitive development during the first 1,000 days
- Associate potential early nutrient deficiencies with long-term consequences
- Synthesize current research to recommend infant feeding practices that provide optimal nutrition to a variety of infants



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Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 1.0 continuing professional education unit (CPEU) for completion of this program/material. Registered Dietitians and Dietetic Technicians are to select activity type 102 on Professional Development Portfolio (PDP) activity logs.



Activity Format

This activity is an online enduring material. Successful completion is achieved by reading and/or viewing the material, reflecting on its implications in your practice, and completing the assessment component.

You can view and print a certificate when you successfully complete the course, and pass the posttest. Your certificate will be tracked in your account profile.

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