

# Optimizing Early Nutrition for Long-Term Benefits

## Bibliography

- Callaghan B. Nested sensitive periods: how plasticity across the microbiota-gut-brain axis interacts to affect the development of learning and memory. *Curr Opin Behav Sci.* 2020;36:55-62. doi:10.1016/j.cobeha.2020.07.011
- Chung MY. Factors affecting human milk composition. *Pediatr Neonatol.* 2014;55(6):421-422. doi:10.1016/j.pedneo.2014.06.003
- Cryan JF, O'Riordan KJ, Cowan CSM, et al. The microbiota-gut-brain axis. *Physiol Rev.* 2019;99(4):1877-2013. doi:10.1152/physrev.00018.2018
- Cusick SE, Georgieff MK. The role of nutrition in brain development: The golden opportunity of the "First 1000 Days." *J Pediatr.* 2016;175:16-21. doi:10.1016/j.jpeds.2016.05.013
- Dean SV, Lassi ZS, Imam AM, Bhutta ZA. Preconception care: nutritional risks and interventions. *Reprod Health.* 2014;11(Suppl 3):S3. doi:10.1186/1742-4755-11-S3-S3
- Evidence-based support for breastfeeding. *Contemp Pediatr.* Published April 1, 2015. Accessed July 2, 2023. <https://www.contemporarypediatrics.com/view/evidence-based-support-breastfeeding>
- Fewtrell M, Bronsky J, Campoy C, et al. Complementary Feeding: A Position Paper by the European Society for Paediatric Gastroenterology, Hepatology, and Nutrition (ESPGHAN) Committee on Nutrition. *J Pediatr Gastroenterol Nutr.* 2017;64(1):119. doi:10.1097/MPG.0000000000001454
- Georgieff MK, Brunette KE, Tran PV. Early life nutrition and neural plasticity. *Dev Psychopathol.* 2015;27(2):411-423. doi:10.1017/S0954579415000061
- Association of State Public Health Nutritionists. *Guidelines and Health Conditions Related to Timing of Early Infant Feeding: A Review.* Accessed July 2, 2023. <https://asphn.org/wp-content/uploads/2018/11/Guidelines-and-Health-Conditions-Related-to-Timing-of-Early-Infant-Feeding.pdf>
- Hampel D, Dror DK, Allen LH. Micronutrients in human milk: Analytical methods. *Adv Nutr.* 2018;9(Suppl 1):313S-331S. doi:10.1093/advances/nmy017
- Keikha M, Bahreynian M, Saleki M, Kelishadi R. Macro- and micronutrients of human milk composition: Are they related to maternal diet? A comprehensive systematic review. *Breastfeed Med.* 2017;12(9):517-527. doi:10.1089/bfm.2017.0048
- Koletzko B, Godfrey K, Poston L, et al. Nutrition during pregnancy, lactation, and early childhood and its implications for maternal and long-term child health: The Early Nutrition project recommendations. *Ann Nutr Metab.* 2019;74(2):93-106. doi:10.1159/000496471
- Lindsay KL, Buss C, Wadhwa PD, Entringer S. The interplay between nutrition and stress in pregnancy: Implications for fetal programming of brain development. *Biol Psychiatry.* 2019;85(2):135-149. doi:10.1016/j.biopsych.2018.06.021
- Lönnerdal B. Infant formula and infant nutrition: bioactive proteins of human milk and implications for composition of infant formulas. *Am J Clin Nutr.* 2014;99(3):712S-717S. doi:10.3945/ajcn.113.071993
- Lowensohn RI, Stadler DD, Naze C. Current concepts of maternal nutrition. *Obstet Gynecol Surv.* 2016;71(7):413-426. doi:10.1097/OGX.0000000000000329
- Marshall NE, Abrams B, Barbour LA, et al. The importance of nutrition in pregnancy and lactation: lifelong consequences. *Am J Obstet Gynecol.* 2022;226(5):607-632. doi:10.1016/j.ajog.2021.12.035
- Martin CR, Ling PR, Blackburn GL. Review of infant feeding: Key features of breast milk and infant formula. *Nutrients.* 2016;8(5):279. doi:10.3390/nu8050279
- Mayer EA, Tillisch K, Gupta A. Gut/brain axis and the microbiota. *J Clin Invest.* 2015;125(3):926-938. doi:10.1172/JCI76304
- Meek JY, Noble L, Section on Breastfeeding. Policy Statement: Breastfeeding and the Use of Human Milk. *Pediatrics.* 2022;150(1):e2022057988. doi:10.1542/peds.2022-057988
- Raiten DJ, Steiber AL, Papoutsakis C, et al. The "Breastmilk Ecology: Genesis of Infant Nutrition (BEGIN)" project – executive summary. *Am J Clin Nutr.* 2023;117:S1-S10. doi:10.1016/j.ajcnut.2022.12.020

## Optimizing Early Nutrition for Long-Term Benefits

Ronan V, Yeasin R, Claud EC. Childhood development and the microbiome: The intestinal microbiota in maintenance of health and development of disease during childhood development. *Gastroenterology*. 2021;160(2):495-506. doi:10.1053/j.gastro.2020.08.065

Schwarzenberg SJ, Georgieff MK, COMMITTEE ON NUTRITION, et al. Advocacy for Improving Nutrition in the First 1000 Days to Support Childhood Development and Adult Health. *Pediatrics*. 2018;141(2):e20173716. doi:10.1542/peds.2017-3716

Yi DY, Kim SY. Human breast milk composition and function in human health: From nutritional components to microbiome and microRNAs. *Nutrients*. 2021;13(9):3094. doi:10.3390/nu13093094

Zhou Y, Xu Y. Nutrition and metabolism in the first 1000 days of life. *Nutrients*. 2023;15(11):2554. doi:10.3390/nu15112554



This activity is supported by an educational grant from **Reckitt | Mead Johnson Nutrition**