



WE BELIEVE THE RIGHT NUTRITION IN THE FIRST 1000 DAYS HAS THE POWER TO INFLUENCE PRETERM INFANTS' HEALTH FOR LIFE

Nutrition in the early developmental phase plays an important role in ensuring optimal development of all organ systems and their ability to adapt to environmental challenges to ensure lifelong health. This first period is seen as a window of opportunity for nutrition to have a lifelong impact [1-3].



FIRST 1000 DAYS

The first 1000 days (from conception up to 2 years of age) comprise a unique period of tremendous physiological growth and rapid functional development of the body's organs.

It is crucial in impacting lifelong health, hence this period is seen as a window of opportunity for nutrition to have an impact [1-3].

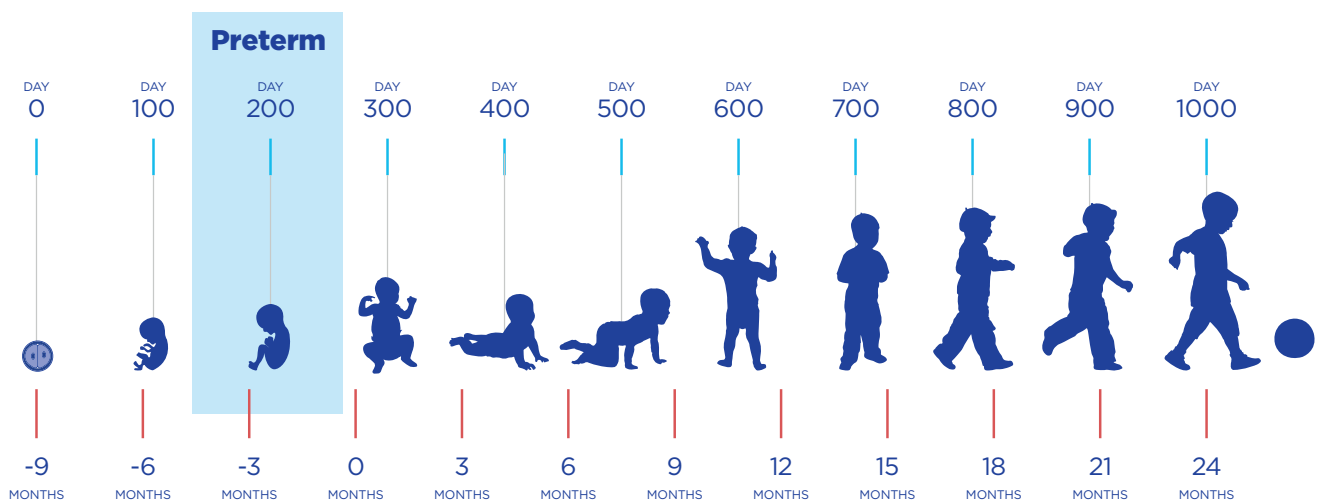
The third or last trimester of pregnancy is a critical phase for development and growth. This trimester begins at 27 weeks until the child's due date at 40 weeks. During this last trimester, the foetus experiences a period of rapid physical growth together with a marked increase in the functional capacity of the developing organs [1-3].

120

years experience in early life nutrition

65

Years of preterm nutritional discoveries



Indeed growth velocity begins to increase as early as the second trimester and remains extremely high until birth. When related to body weight, intrauterine weight gain averages 18g/kg/day between the 27th to the 34th week of gestation for both genders, compared to 5g/kg/d at 40 weeks [6,7]. The first 1000 days are disrupted with premature birth. These infants face the challenge to grow and develop at a similar pace than their term born peers in an

unnatural extra-uterine environment instead of their mother's womb [3,4].

NUTRITIONAL NEEDS

Preterm infants have increased nutritional requirements versus term infants [3-5]. Meeting these nutritional needs has positive long-lasting effects on their development, and reduces the risk for non-communicable diseases [1-5].

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References

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