

AND BEYOND! →



STAGE 4: 12 Months+

Transition to More Foods

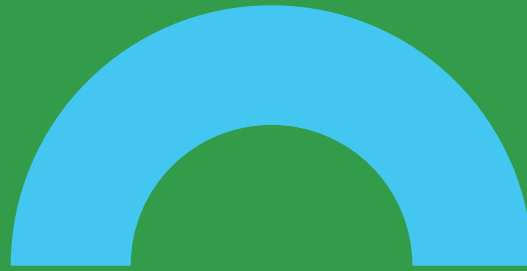
Transitioning to a balanced diet ensures continued growth and development, promoting healthy eating habits for life.



STAGE 3: 6 – 12 Months

Introduction to Solids

Introducing a variety of solid foods supports healthy growth and brain development.



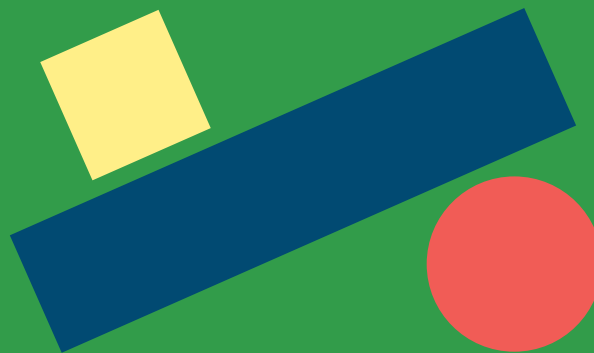
Consult your pediatrician or a registered dietitian for personalized nutrition advice.

Additional Resources

World Health Organization (WHO):
www.who.int

American Academy of Pediatrics (AAP):
www.aap.org

USDA MyPlate:
www.myplate.gov



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www.wadairy.org/nutrition

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The Power of Nutrition in the First 1,000 Days



THE FIRST 1,000 DAYS



STAGE 1: Pregnancy

Nutrition

Optimal nutrition during pregnancy supports the health of both mother and baby, laying the foundation for a lifetime of wellness.



STAGE 2: Birth – 6 Months

Breastfeeding & Formula

Breastfeeding and/or formula feeding provides all the nutrition a baby needs for the first 6 months.

ESSENTIAL NUTRIENTS FOR EARLY BRAIN DEVELOPMENT

The American Academy of Pediatrics (AAP) has identified 14 key nutrients that play a critical role in early brain development. Ensuring your child receives these nutrients during the first 1,000 days is vital for proper growth, development and long-term mental health.

Early Brain Development

- Copper
- Folate
- Iodine
- Protein
- Vitamin D
- Zinc

Brain Health

- Choline
- Vitamin A
- Vitamin B6
- Vitamin C

Brain Power

- Iron
- Long-chain polyunsaturated fatty acids (DHA and ARA)
- Selenium
- Vitamin B12

BUILDING BLOCKS OF BRAIN HEALTH

BRAIN HEALTH

These nutrients are important for brain cell growth, memory, vision, a healthy immune system and more!

FOOD & BRAIN HEALTH

You can find these 14 brain-healthy nutrients in a variety of foods from each food group.

Eating a well-balanced, healthy diet with key nutrients to support brain growth during the first two years of life is vital to reaching full potential.



FRUITS

Foods like:

- Bananas
- Citrus fruits
- Strawberries



VEGETABLES

Foods like:

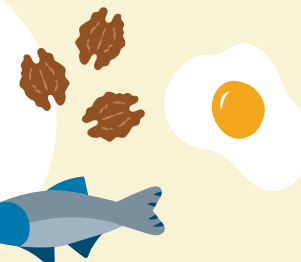
- Leafy greens
- Legumes
- Bell peppers



PROTEIN

Foods like:

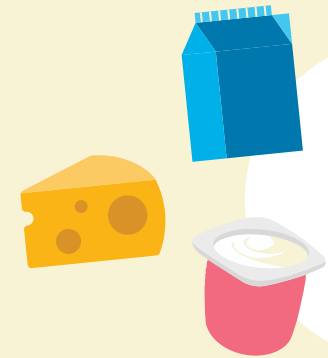
- Meat
- Fish & seafood
- Eggs
- Nuts



DAIRY

Foods like:

- Milk
- Cheese
- Yogurt



GRAINS

Foods like:

- Whole grains
- Fortified cereals
- Fortified grains



A Balanced Plate

Encourage infants and toddlers to eat a variety of foods from all food groups. Young children eat small amounts of food, so make every bite count!

