



ABSTRACT

Nutrition in the first 1000 days of life

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Nutri Symposium 2024: Nutrition advancement in healthcare from conception to well-aged perfection: Unveiling nutrition's impact - Speaker

Received: 4 October 2024
Accepted: 7 October 2024
Published: 18 October 2024

Link to DOI
[10.25220/WNJ.V08.S1.0018](https://doi.org/10.25220/WNJ.V08.S1.0018)

Citation: Wong T. Nutrition in the first 1000 days of life. World Nutrition Journal.2024 October 30, 8(S1): 19.

Development in the first 1000 days of life is the most important time in everyone of us. This period not only encompasses organ formation but also its maturation and development as well. Nutrition plays an essential role in ensuring these are achieved to their maximum potential. In the session, we will explore what and how those nutritional factors known so far determine the best outcomes.

Keywords: development, first 1000 days, brain growth, nutrients



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