

DHA: Importance in Fetal and Infant Development

What is DHA?

- Docosahexaenoic acid
- Omega-3 fatty acid

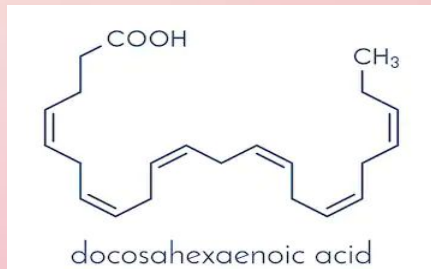


Figure 1. Structure of DHA

https://www.123rf.com/photo_85870663_stock-vector-docosahexaenoic-acid-dha-cervonic-acid-d-molecule-polvunsaturated-omega-3-fatty-acid-present-in-fish-o.html

Health Benefits of DHA

- Reduce ADD/ADHD symptoms (improve concentration)
- Promote brain health during pregnancy and early life
- Improve eye health, bone and joint health
- Decrease inflammation in the body

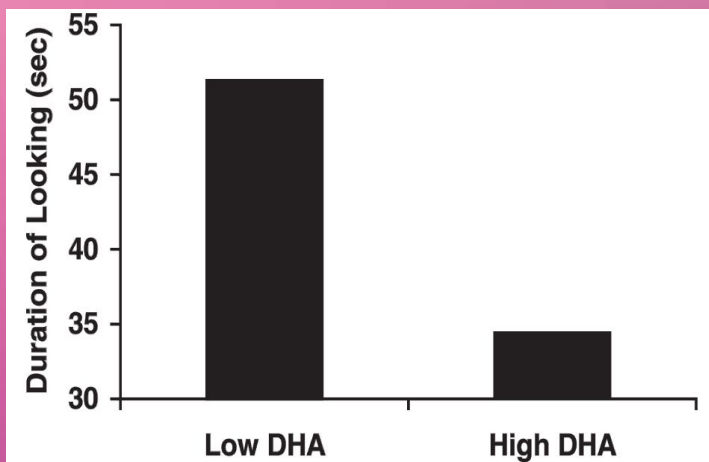


Figure 3. Distractibility experiment for high- and low- DHA infants (12 and 18 months): Duration of looking to the television/distractor ($p < 0.05$)

<https://www.nordicnaturals.com/consumers/prenatal-dha>

What does DHA Do?

- Provides **structure** to lipid bilayer of cell
- Needs to **accumulate** in cells of the brain brain of child during **last trimester through 18 months after birth**

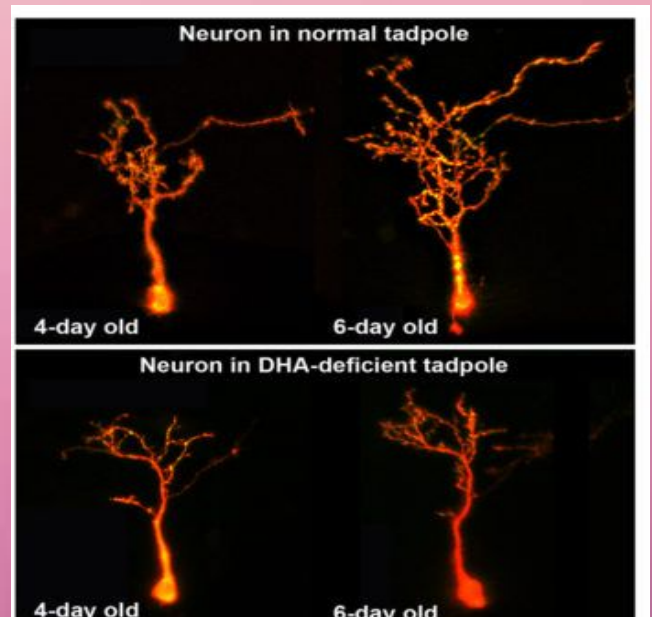


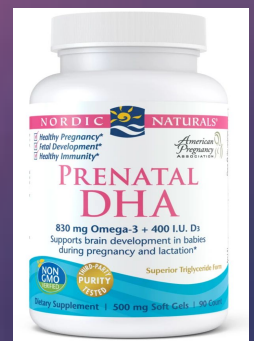
Figure 2. Neuron in tadpole

<http://news.uci.edu/2015/04/15/brain-development-suffers-from-lack-of-fish-oil-fatty-acids-uci-study-finds/>

How can I / My Infant Get DHA?

- Mother : Omega-3 or prenatal supplements
- Infant: breastfeeding/ formula
- Cold water fish
- Nut oils

<https://www.nordicnaturals.com/consumers/prenatal-dha>



Works Cited

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