DHA in diet in infant development

Elena Kleinhenz  
SUNY Geneseo

Garreyy Lewis  
SUNY Geneseo

Ytong Liu  
SUNY Geneseo

Anna Spence  
SUNY Geneseo

Follow this and additional works at: https://knightscholar.geneseo.edu/sustainability-curriculum-student

Creative Commons License
This work is licensed under a Creative Commons Attribution-No Derivative Works 4.0 License.

Recommended Citation
Kleinhenz, Elena; Lewis, Garreyy; Liu, Ytong; and Spence, Anna, "DHA in diet in infant development" (2019). Student Work. 58.
https://knightscholar.geneseo.edu/sustainability-curriculum-student/58

This Open Educational Resource is brought to you for free and open access by the Sustainability Curriculum at KnightScholar. It has been accepted for inclusion in Student Work by an authorized administrator of KnightScholar. For more information, please contact KnightScholar@geneseo.edu.
DHA: Importance in Fetal and Infant Development

What is DHA?
- Docosahexaenoic acid
- Omega-3 fatty acid

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

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

How can I / My Infant Get DHA?
- Mother: Omega-3 or prenatal supplements
- Infant: breastfeeding/ formula
- Cold water fish
- Nut oils

Figure 1. Structure of DHA

Figure 2. Neuron in tadpole

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
Works Cited


