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

