

NUTRITION

• AND THE •

Developing Brain



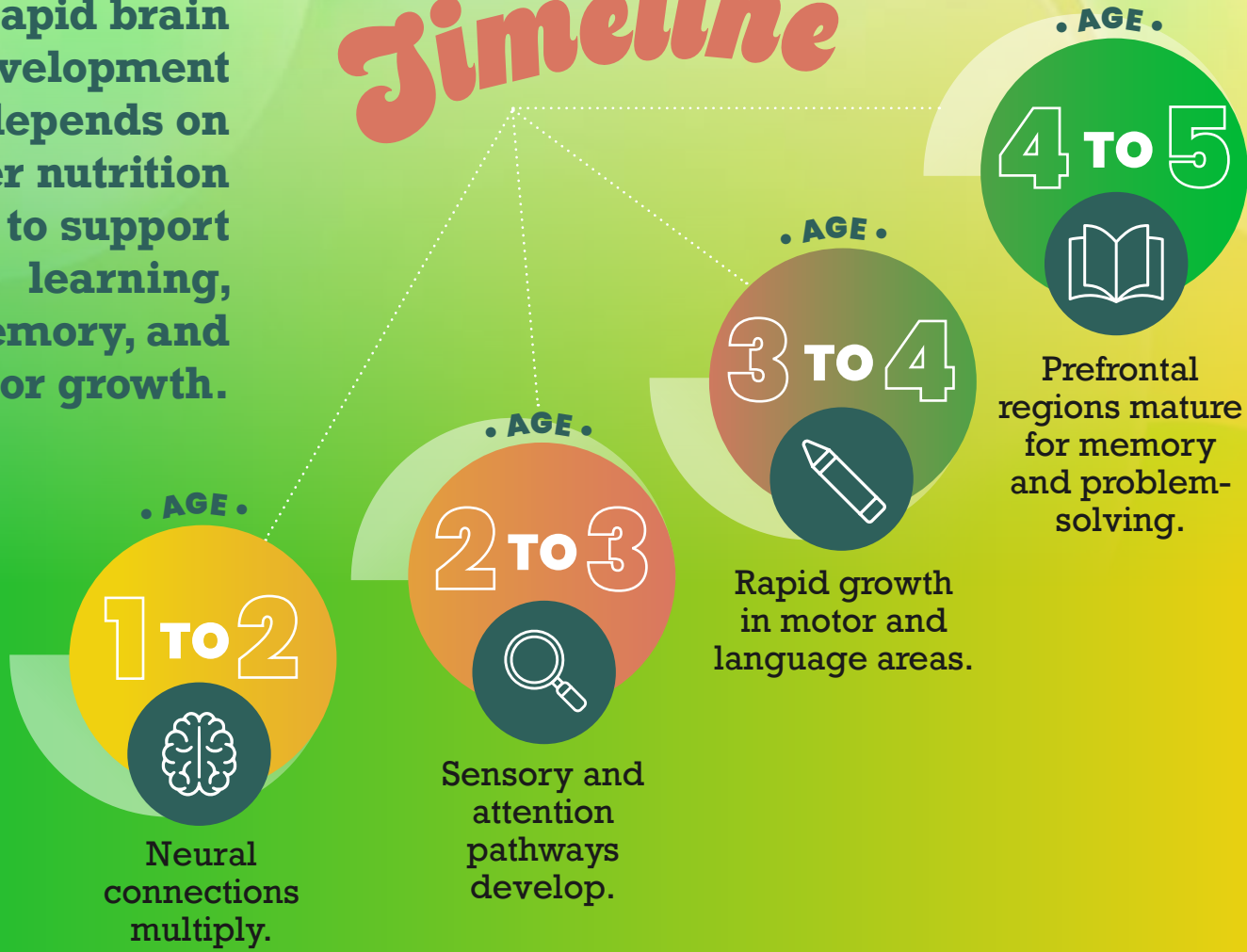
FROM AGES

1 to 5

rapid brain development depends on proper nutrition to support learning, memory, and motor growth.

• THE • **BRAIN-BUILDING**

Timeline



Nutrients

• THAT BUILD •

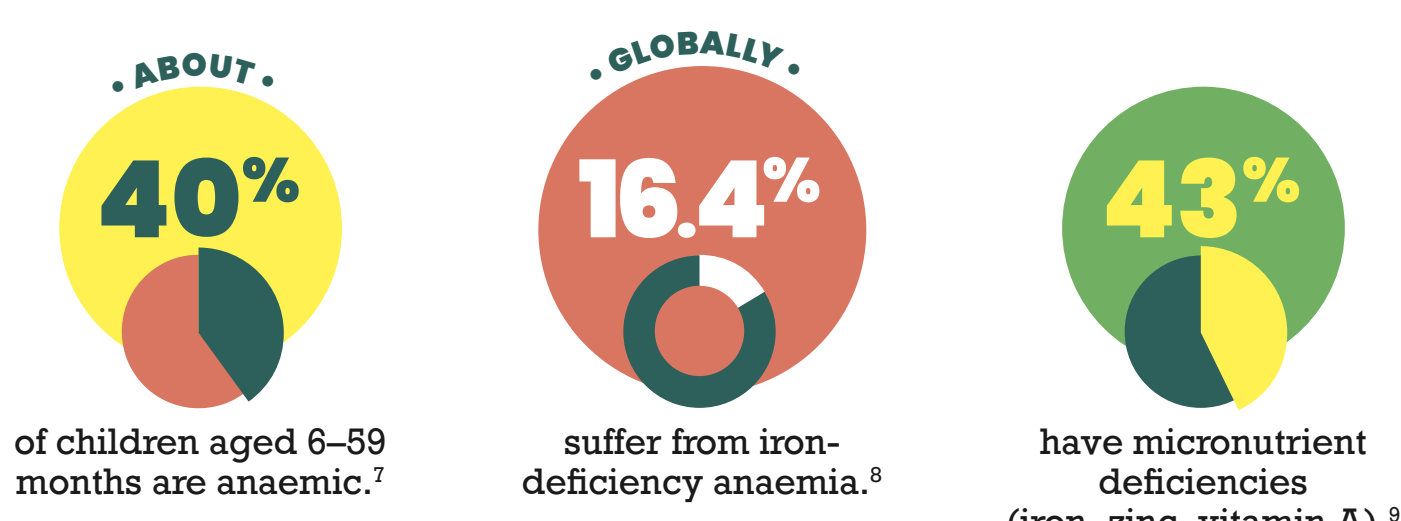
MEMORY, ATTENTION & MOTOR SKILLS

NUTRIENT	FUNCTION IN BRAIN DEVELOPMENT	COMMON FOOD SOURCES
Iron	Enables oxygen flow and myelin formation ¹	Lean meats, spinach, cereals
Omega-3 Fatty Acids	Builds neurons and boosts attention and learning ²	Salmon, chia seeds, walnuts
B Vitamins	Make neurotransmitters and support energy for learning ³	Eggs, beans, leafy greens
Zinc	Supports neurons and cognitive development ⁴	Meat, lentils, pumpkin seeds
Choline	Aids memory and brain cell formation ⁵	Eggs, poultry, soybeans
Iodine	Regulates thyroid hormones for brain growth ⁶	Iodized salt, fish, dairy

The Data

DEFICIENCY & DEVELOPMENTAL DELAYS

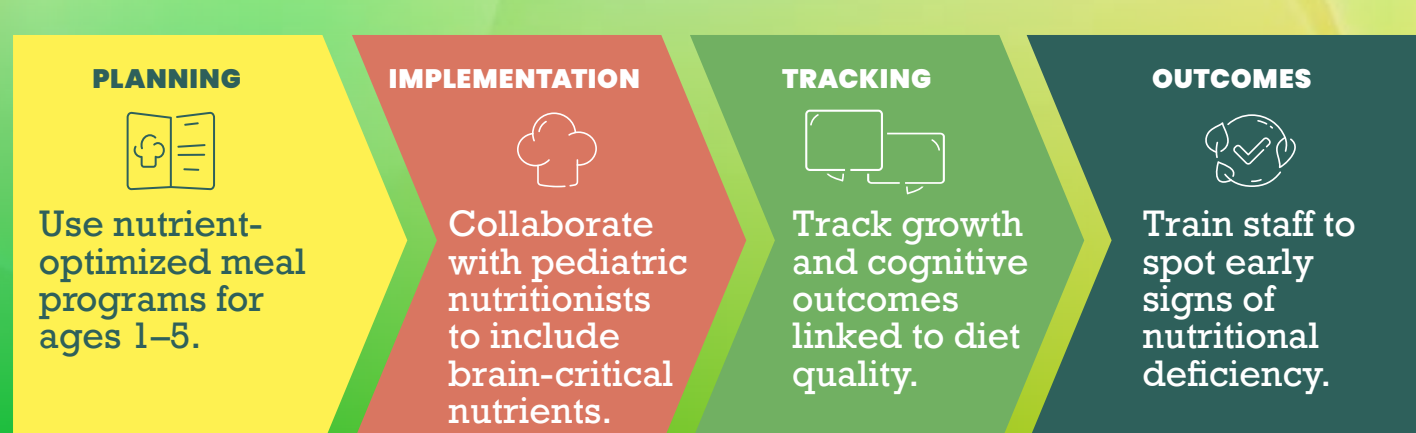
• IN YOUNG CHILDREN •



Building a

NUTRIENT-SMART PROGRAM

To foster optimal learning environments, early-childhood programs should integrate evidence-based nutrition planning.



• SOURCES •

- <https://www.nature.com/articles/s41390-025-04331-3>
- <https://www.frontiersin.org/journals/neurology/articles/10.3389/fneur.2024.1295788/full>
- <https://www.sciencedirect.com/science/article/abs/pii/S1071909125000336>
- <https://ajcn.nutrition.org/article/S0002-9165%2823%2900626-3/fulltext>
- <https://www.frontiersin.org/journals/nutrition/articles/10.3389/fnut.2024.1463983/full>
- <https://www.sciencedirect.com/science/article/pii/S0946672X24001068>
- <https://www.who.int/health-topics/anaemia>
- <https://journals.sagepub.com/doi/pdf/10.1177/2333794X221110860>
- <https://academic.oup.com/nutritionreviews/article/83/2/e178/7686107>