THE FIRST 1000 DAYS

offers a unique window of opportunity in which different factors may have an impact on the gut microbiota composition and its development[1,2,3]

For Healthcare Professionals only

Factors that have DESIRABLE IMPACT on microbiome

Healthy diet, good health status of mother

Pre- and probiotic supplementation, balanced maternal microbiota

Term birth

Vaginal delivery

Breastfeeding

Healthy complementary foods

Interaction with nature (biodiversity)

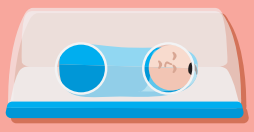
High dietary fibre or pre- and probiotic supplementation

Factors that have UNDESIRABLE IMPACT on microbiome

Unhealthy diet, poor health status of mother

Maternal antibiotic

Pre-term birth



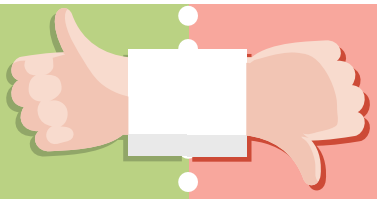
C-section delivery

Formula feeding without pre- or probiotics

Antibiotic use

Excessive sanitation

Unhealthy diet



fetus

newborn

infant

toddler

Nutricia Research ©

Different factors such as GOOD NUTRITION during the first 1000 days can have benefits that last a lifetime

1. Tamburini S, Shen N, Wu HC, Clemente JC. The microbiome in early life: implications for health outcomes. *Nat Med*. 2016; 7;22(7):713-22.
2. Nuriel-Ohayon M, Neuman H, Koren O. Microbial changes during pregnancy, birth, and infancy. *Front Microbiol*. 2016; 14;7:1031.
3. Chu DM, Antony KM, Ma J, et al. The early infant gut microbiome varies in association with a maternal high-fat diet. *Genome Medicine*. 2016;8:77.