



The Department of Nutritional Sciences Spring 2021 Seminar Series

"Early Exposure to Carbohydrates and Infant Brain Structure and Cognitive Functioning."

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Host: Sue Shapses, Ph.D., R.D.
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Wednesday, March 24, 2:15 PM

Zoom Registration: https://rutgers.zoom.us/meeting/register/tJwpdeGtqDkjGtPc2kiyOrWqF_y7_bVtrS06

Abstract: An important but understudied area of development is on aspects of early nutrition that optimize early cognitive functioning, the foundation for academic and vocational performance later on. While it is known that both maternal diet and human milk feeding are influential, few studies have narrowed down the nutritional exposures in the prenatal and postnatal periods that affect cognitive processes in infants. One classification of nutrients that is garnering interest as it relates to early brain development is carbohydrates. The purpose of this seminar is to examine associations of exposures to simple and complex carbohydrates that are provided through maternal diet and/or human milk feeding with magnetic resonance imaging (MRI) measures of brain structure in infants. This presentation will also address how exposures to simple and complex carbohydrates may ultimately influence neurodevelopmental outcomes at 24 months.



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