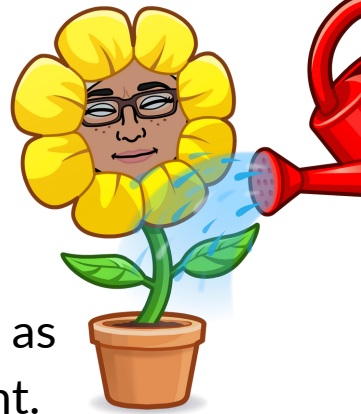


Professor Patti's 12 Points

How food during pregnancy affects baby throughout life

1

The seeds of chronic disease or lifelong health are planted before birth.



2

A mother's diet before she gets pregnant is just as important as what she eats while she is pregnant.

3

During pregnancy, babies that grow poorly are at risk for developing chronic diseases as adults.



4

The size and shape of the placenta affects how easily nutrients can flow to the developing baby.

5

Babies at risk for developing chronic disease as adults can be born very small or very large.

6

Our communities provide the environment for the mother.

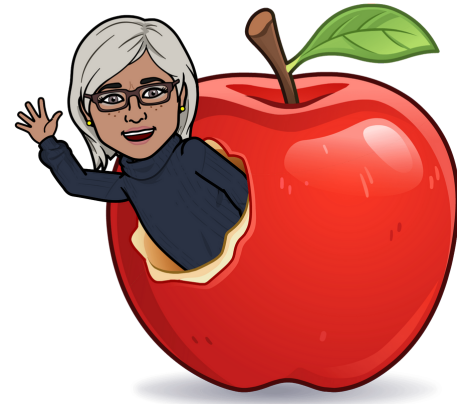


7

A father's nutrition also plays a role in how a baby grows before birth.

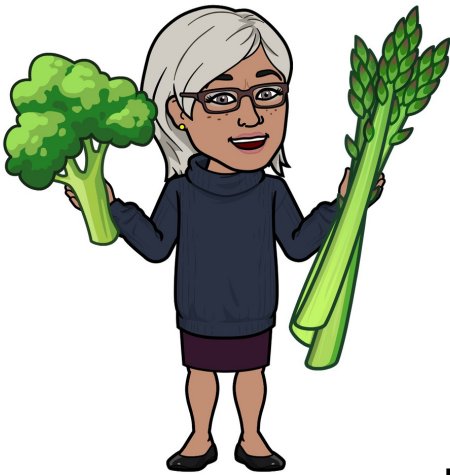
8

The foods we feed our babies until age two impact their health for the rest of their lives.



9

Risk for developing chronic disease passes from grandmother, to mother, to child.



10

We eat fewer fruits and vegetables and more fast food and packaged food.

11

Long-term stress can also slow the growth of a baby during pregnancy and lead to chronic disease risk

12

The risk for chronic disease can be changed!

