

A Snapshot of the First 1,000 Days in America

THE 10 BUILDING BLOCKS FOR NUTRITION



A healthy and nutritious diet for mothers during pregnancy



Good care for all mothers during pregnancy



Exclusive breastfeeding for the first 6 months



Nurturing, responsive care and feeding of babies and toddlers



The right foods introduced to babies at the right times



A healthy and nutritious diet for babies and toddlers



Water and other healthy beverages with no added sugars for toddlers



The right knowledge and skills for parents and caregivers to properly nourish young children



Consistent access to enough nutritious food for families of young children



Societal investments in the well-being of every baby and toddler

HOW THE U.S. IS FARING

Nearly half of women gain an excessive amount of weight during pregnancy.

The U.S. has one of the highest maternal mortality rates of any wealthy country in the world.

Only 22% of infants are exclusively breastfed at 6 months.

Less than half of U.S. mothers receive any paid time off to care for their newborn.

Almost 40% of parents introduced solid foods to their babies too early.

1 in 4 toddlers are not getting enough iron in their diets—a key nutrient for brain development.

More than half of toddlers and preschoolers consume one or more sugar-sweetened beverage every day.

54% of mothers say they receive mixed messages about what to feed their young children.

1 in 5 children under the age of 6 live in families that struggle to put enough nutritious food on the table.

More than 25% of infants and toddlers live in poverty.

To learn more download the full report at www.thousanddays.org