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# Innovative Discoveries Series



## Diet Composition in Early Infancy:

Impact on energy balance, weight status, and other health outcomes

**Tuesday December 17, 2024 noon – 1:00 pm**

Virtual Presentation through Microsoft Teams

The early nutritional environment plays a crucial role in optimizing growth, developing a palate for a healthy diet, and reducing risks for disease. While human milk is the gold standard for infant nutrition, by 4 months of age >50% of US infants are fed infant formula, either alone or to supplement human milk. As a group, infants who feed infant formula are more likely to experience rapid weight gain, weigh more, and are at greater risk for obesity, than are breastfed infants. However, the composition of formulas varies; thus, formula-fed infants are not a homogeneous group. This presentation will review findings from a randomized controlled trial (RCT) that investigated the effects of two commercially available, isocaloric formulas with different macronutrient compositions, on weight gain, energy balance mechanisms, gastrointestinal microbiota, and subsequent diet in healthy, formula-fed infants.

## Meet the Speaker

**Jillian Trabulsi, PhD RD** is a Professor & Chair of the Department of Health Behavior and Nutrition Sciences at the University of Delaware. She earned her Ph.D. in Nutritional Sciences at The University of Wisconsin – Madison and completed a post-doctoral fellowship in Pediatric Nutrition and Growth in the Division of Gastroenterology and Nutrition at The Children’s Hospital of Philadelphia. Dr. Trabulsi has over 30 years of experience in the field of nutrition, including 6 years’ experience as a clinical dietitian and 4 years’ experience in the nutrition research division of a pharmaceutical company. Dr. Trabulsi has an externally funded research program with grants from the National Institutes of Health, the Maternal Child Health Bureau, private foundations, and industry.



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