

WINTER 2024

NOURISH NEWS



Updates for the parents of babies in the Nourish Study

New Year Greetings from the Nourish Study Team!

Happy New Year! We hope you and your families had a happy holiday season.

Last year, the Nourish Study made much progress! In 2023, we:

- Enrolled 30 new babies
- Completed 26 MRIs
- Performed 38 Peapods & 80 Bioimpedance measures
- Saw over 60 families in follow-up clinic, including 15 of our 2-year follow-up visits!



**SOME OF THE TWO-YEAR-OLD SUPERSTARS
DURING THEIR VISITS!**

OVERVIEW:

- Study Progress
- Exciting Updates
- Games

Contact us with any questions
or updates!

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EXCITING UPDATE

We are so excited to share that the Nourish Study will now be following families up to 5 years of age! Our Principal Investigator, Dr. Belfort, was recently awarded a grant from the National Institutes of Health (NIH) that will fund follow-up visits for 5-year-olds.

The Nourish 5-year follow-up visits will help determine the potential long-term impacts of the Nourish NICU diet on participant growth, brain development, and cardiometabolic health.

Three-year-olds, keep an eye out for a birthday present from Nourish! Something that will help you stand even taller!

SPEAKING OF THREE YEAR OLDS...

Look at how big some of the first Nourish kiddos are getting!



Games!

Word Search

Q	Y	R	Z	N	G	C	R	V	H	U	F
Y	B	J	S	O	I	Q	A	M	M	N	A
F	R	B	T	U	U	J	D	O	I	N	R
R	A	A	G	R	O	W	T	H	L	M	H
Z	I	B	F	I	W	N	P	R	K	Y	Y
F	N	Y	F	S	T	D	R	K	B	Y	J
R	W	Q	U	H	Y	Q	G	S	Q	I	S
O	A	W	B	I	G	W	E	E	C	X	M

Find the following words in the puzzle.
Words are hidden → and ↓.

BABY
BIG
BRAIN

GROWTH
MILK
NOURISH

