

WINTER 2026

NOURISH NEWS



Updates for the parents of babies and kiddos in the Nourish Study



OVERVIEW:

- Study Progress
- 5-Year Follow-Up Visits
- The Pod Life
- Staff Spotlight

Contact us with any questions or updates!

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New Year Greetings from the Nourish Study Team!

Happy New Year! We hope you and your families have had an excellent holiday season.

This past year, the Nourish Study made much progress! In 2025, we:

- Finished up enrollment in the NICU, enrolling and discharging 6 new babies, for a total of 130 babies enrolled since Nourish began in January 2020.
- Saw over 60 families in follow-up clinic, including 26 two-year and 11 five-year follow-up visits!



CHECK OUT OUR "SPACESHIP" USED DURING OUR FIVE-YEAR VISITS!

5-YEAR FOLLOW-UP VISITS

We are so excited to share that the Nourish Study has begun our five-year follow-up visits! These visits include physical measurements, blood pressure, and bioimpedance, just like our two-year visits. They also include developmental checks, a fasting blood draw, and a body composition test using our very own “spaceship,” called the BOD POD. This is the larger version of the PEA POD, a device used during the early visits close to NICU discharge.

The Nourish five-year follow-up visits will help us understand how the Nourish NICU diet may affect children’s growth, brain development, and heart health over time.

Thank you to our Nourish families for staying in touch and letting us be a part of your child's progression. We look forward to seeing your five-year-old when the time comes!

THE POD LIFE...



THEN (2020)



NOW (2025)



Staff Spotlight: Chloe Reisinger

Chloe is the newest member of the Belfort Lab research team. She graduated from Boston College with Bachelor of Science degrees in Biochemistry and Psychology this past spring. Chloe is excited to join the Nourish project and work with infant and pediatric populations. She has previously worked as a patient care associate in pulmonary and renal medicine and interned in pediatric medicine in Zanzibar. In her free time, Chloe likes to bake, go for runs, and visit friends and family. In the future, she plans to attend medical school to pursue a career in pediatric oncology.