

# A better nutrition in the first 1000 days is associated with less chronic diseases in adulthood

- Exposure to Atole in the first 3 years of life reduced **fasting glucose** 7.0 mg/dl; **systolic blood pressure** 3.0 mmHg; **triglycerides** 22.2 mg/dl and increased **HDL-c** 4.7 mg/dl in adulthood.
- Increases in BMI between 3 and 7 years had stronger associations with adult fat mass and abdominal fat than with fat free mass; increases in length prior to age 3 years were most strongly associated with increases in FFM.