

# **A Key to Healthier Adult Diets: Healthier Baby Diets**

November 04, 2020

Feeding babies the right healthy foods during a critical window of time may help set them up for better health as adults, emerging research suggests.

As the federal government weighs the first-ever dietary guidelines for children under 2, there's evidence that the food habits of young kids influence their diet—and their health—later on. The science is still nascent and studies are generally small. But with childhood obesity on the rise and a growing understanding that the seeds of adult illnesses like Type 2 diabetes and cardiovascular disease are planted in childhood, there's increasing interest in how to shape the youngest palates.

...