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DHA for cognitive and brain development

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CHILDHOOD is a period in which the brain develops and matures the most. As such, it is crucial that a child is well-nourished with a variety of nutrient-rich food. Docosahexaenoic acid (DHA) is a type of omega-3 unsaturated fatty acid mainly found in fish such as salmon and tuna is often linked to various health benefits.



In The Relationship of Docosahexaenoic Acid (DHA) with Learning and Behaviour in Healthy Children: A Review published in the journal Nutrients, it is found that DHA is important for optimal visual and cognitive (the concept of learning) development.

In The DHA (Docosahexaenoic Acid) Oxford Learning and Behaviour (DOLAB) Study (DOLAB) published in PLOS One ,a university study concluded that children aged seven to nine benefited from daily DHA intake, showing improvement in reading and learning behaviour.

Aside from potential benefits in brain development and growth, DHA is also shown to improve eyesight in children. According to n-3 Fatty Acid Supplementation in Mothers, Preterm Infants, and Term Infants and Childhood Psychomotor and Visual Development: A Systematic Review and Meta-analysis published ... the Journal of Nutrition, visual acuity in babies and infants was improved with n-3 fatty acid supplementation.

DHA and a nutritious diet are especially crucial during the first eight years of a child's life as the brain rapidly develops. Supplements and superfoods with DHA can help enhance the development process and strengthen a child's cognitive ability. It is recommended to incorporate approximately 2,000mg of DHA daily, that's about 150 grams of salmon.

With fish being an expensive meat source, acquiring the recommended DHA intake can be tricky. Child supplements produced with DHA are widely available and an easy and cheaper alternative to ensure your growing child receives a sufficient intake of DHA. It is important to choose the right supplements for your little ones from a reputable source and ones that taste good. Consult your paediatrician for advice and to find out whether supplements with DHA is suitable for your child.

■ For more information, call 03-7490 2138.