

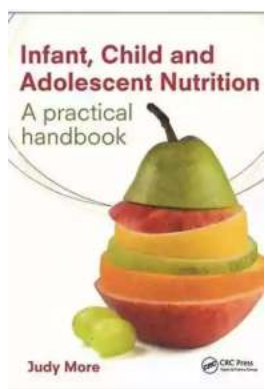
Infant, Child, and Adolescent Nutrition Practical Handbook - A Comprehensive Guide for Parents



As parents, ensuring the proper nutrition for our children is always a top priority. The first years of a child's life, particularly infancy and adolescence, are crucial for their growth and development. That's why having a comprehensive handbook that provides practical advice on nutrition for infants, children, and adolescents is invaluable.

Understanding the Importance of Nutrition

Good nutrition plays a vital role in the overall well-being of a child. It assists in healthy growth, supports brain development, strengthens the immune system, and sets the groundwork for a healthy future. However, navigating the world of nutrition can be overwhelming for parents, especially with the abundance of conflicting information available.



Infant, Child and Adolescent Nutrition: A Practical Handbook by Judy More(2nd Edition, Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 25103 KB

Screen Reader : Supported

Print length : 308 pages



The Infant Stage: Building a Foundation

The nutrition needs of an infant differ significantly from those of older children. The infant stage is characterized by rapid growth and an increased demand for nutrients. Breast milk or formula is crucial for meeting an infant's nutritional requirements. This handbook will provide insights into breastfeeding benefits, formula options, introducing solid foods, and addressing common concerns such as allergies or digestive issues.

The Childhood Years: Developing Healthy Habits

As children grow beyond infancy, their nutrition requirements change. This practical handbook will cover various aspects concerning children aged 1 to 10 years old. It will discuss the importance of offering a balanced diet, including the recommended intake of fruits, vegetables, grains, proteins, and dairy products.

Additionally, it will address important considerations like portion control, managing picky eaters, the role of snacks, and limiting sugary beverages.

The Adolescent Phase: Navigating Nutritional Challenges

Adolescence is a time of rapid physical, emotional, and social changes. Proper nutrition during this critical stage is vital for facilitating growth, preventing chronic diseases, and establishing lifelong healthy eating habits. The handbook will delve into nutrient requirements during adolescence, addressing issues like body image, sports nutrition, vegetarian or vegan diets, managing eating disorders, and the impact of social media on food choices.

Expert Insights and Practical Tips

To ensure the handbook's credibility, it is compiled by a team of experts in pediatric nutrition. Their insights and practical tips will help parents navigate the challenges and dilemmas that arise when feeding infants, children, and adolescents. Whether it's creating balanced meal plans, understanding food labels, or dealing with food allergies, this handbook will provide comprehensive guidance.

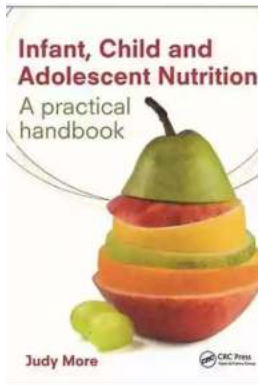
Taking care of your child's nutrition is a journey, and having a practical handbook at your disposal can make a world of difference. From infancy to adolescence, this comprehensive guide will equip parents with the knowledge and tools needed to provide optimal nutrition for their children. By investing in their health today, parents are setting the stage for a lifetime of well-being.

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Infant, Child and Adolescent Nutrition: A Practical Guide, Second Edition, is an evidence-based, practical guide introducing readers to the theory behind optimal child nutrition. Containing practical advice on how to put that theory into practice, this new edition facilitates learning through case studies, key points, and learning activities. Divided into seven sections, chapters cover prenatal nutrition and nutrition throughout childhood from preterm babies to adolescents up to the age of 18.

Sections throughout focus on topics ranging from nutrient requirements, balanced eating patterns and common problems to cultural influences on food choices and guidelines on assessing growth and dietary intakes. Prevention and management of obesity and allergies are covered in separate chapters. The first 1000 days are given particular consideration with chapters on diets for preconception, pregnancy, milk feeding and complementary feeding during infancy. The chapter on nutritional treatments covers common conditions such as diabetes and Crohn's disease, as well as more intricate feeding regimes and tube feeding required for children with rarer diseases and syndromes.

New in this second edition are:

- Changes in in food allergy prevention and oral immunotherapy treatments.
- Causes and management strategies to deal with fussy and selective eating in toddlers.
- The importance of iodine in diets before and during pregnancy to improve children's cognitive abilities.
- Updated recommendations on vitamin D supplementation.

This second edition is an essential reading for students taking courses in nutrition and paediatric healthcare. It serves as a useful reference for individuals responsible for the nutritional intakes of children in primary care and community settings including early years practitioners, midwives, health visitors, school nurses and governors, social workers, paediatricians and general practitioners.

About the Author

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