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A practical reference guide

Pediatric Nutrition in Practice
2nd, revised edition

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B. Koletzko

Co-Editors
J. Bhutia, Z.A. Bhutta, P. Cooper,
M. Makrides, R. Uauy, W. Wang

There is no other time in life when the provision of adequate and balanced nutrition is of greater importance than during infancy and childhood. During this dynamic phase characterized by rapid growth, development and developmental plasticity, a sufficient amount and appropriate composition of nutrients both in health and disease are of key importance for growth, functional outcomes such as cognition and immune response, and the metabolic programming of long-term health and well-being.

This compact reference text provides concise information to readers who seek quick guidance on practical issues in the nutrition of infants, children and adolescents. After the success of the first edition, which sold more than 50'000 copies in several languages, the editors prepared this thoroughly revised and updated second edition which focuses again on nutritional challenges in both affluent and poor populations around the world. Serving as a practical reference guide, this book will contribute to further improving the quality of feeding of healthy infants and children, as well as enhancing the standards of nutritional care in sick children.

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Low birthweight, caused by premature birth, poor intrauterine growth, or both, is known to be a strong predictor of morbidity and mortality risks in the first year of life and beyond. It has to be born in mind, though, that premature infants may need different clinical and nutritional interventions and are at risk for different morbidities than those small for gestational age.

This publication focuses on three main subjects: Global epidemiology, catch-up growth, and feeding practices. These topics have been selected to provide a solid contextual basis for the nature and extent of the problem, highlighting changes in prevalence and risk across different healthcare settings: The available data strongly suggest that growth outcomes are dependent on a multitude of environmental factors that interact with nutrient intakes. Epidemiology, modern technology and the latest science are brought together to promote a better understanding of the short- and long-term needs and outcomes of low-birthweight babies, depending on whether they are born too small or too early.

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Pointing in new directions in obesity research and clinical care

Metabolic Syndrome and Obesity in Childhood and Adolescence

Wieland Kiess
Martin Wabitsch
Claudio Maffeis
Arya M. Sharma

Despite the fact that the prevalence of obesity in early childhood has been stable and is no longer increasing in many developed and industrialized countries, the incidence of both obesity and full-blown metabolic syndrome in children and adolescents is still very high. Obesity is a major disease burden in all societies and needs to be prevented early in life. New approaches are eagerly sought and absolutely necessary.

This book presents a comprehensive and state-of-the-art summary of current and new knowledge in this critical field. Crucial issues such as nutrition and genetics are described in detail. In addition, new ideas such as e-health and the consequences of urban living conditions are explored. Last but not least, modern treatment concepts and prevention even at an early age are competently discussed.

Offering a valuable update on new developments in obesity research and the treatment in children and adolescents, this book is essential reading for all pediatricians and health-care professionals who look after young patients on a regular basis.

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