World Review of Nutrition and Dietetics

Vol. 116

Series Editor

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Preface

Over the years it has become clear that although nutrition is not the only important factor in child growth and may also not be the main factor that determines adult height, adequate nutrition is crucial for normal growth. Millions of children all over the world suffer from stunted growth because of their under- or malnutrition, which may affect not only their future growth, but also their cognitive development as well as limit their ability to develop their skills and become adults well integrated in society. Although the precise mechanism of the interaction between nutrition and growth has not been fully elucidated, a lot has been achieved since we published our previous *Nutrition and Growth* yearbook last year. Tremendous research efforts are invested all over the world in trying to understand the mechanisms leading to stunted growth, the right diet composition for optimal children growth, and the appropriate rehabilitation diet for children suffering from under- or malnutrition at all age groups during the growth period.

In the present volume, specialists in nutrition and growth selected some of the best studies from peer-reviewed journals published in the last year. The authors have chosen a limited number of manuscripts to share with the readers and added their comments on them. We realize we may have missed some other important studies which are also of value to the readers, even though we tried our best to achieve a comprehensive literature search. We hope that the summary of the published manuscripts and our comments will stimulate the readers to look for more manuscripts in the field, and that our comments will serve as “food for thought” which will lead to more studies. We believe that the interaction between nutrition and growth is a very important issue for growing children, their parents, and the medical teams treating them through the neonatal period, infancy, childhood, and adolescence. We believe that nutritional needs are different for each age group and encourage researchers to explore the field further.

This third yearbook on *Nutrition and Growth* is based on articles published from July 1, 2015 to June 30, 2016. We hope you will find the book helpful and useful.

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