A summary of current knowledge and unresolved issues

Evidence-Based Research in Pediatric Nutrition

Editors

**H. Szajewska
R. Shamir**

Recognition of evidence-based medicine is not only increasing rapidly, but it has become essential to pediatric nutrition. Starting with some methodological issues – discussing systemic reviews, meta-analyses and clinical trials – this publication then concisely summarizes current knowledge as well as ignorance and uncertainty regarding selected aspects of childhood nutrition. These aspects include functional gastrointestinal disorders, issues concerning various kinds of milk, complementary foods, enteral nutrition, celiac disease or obesity. Contents are based on evidence and summarize current guidelines; moreover, when there is no clear evidence, they provide some food for thought.

Overall, this publication has been written to enable the clinician to make informed decisions regarding pediatric nutrition.

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