

Pediatric Nutrition in Practice

B. Koletzko (ed.)

The importance of optimal nutrition

How an unhealthy and unbalanced diet in the first years of life can have profound effects on growth and development of body and mind – and how to avoid them.

9.6 million children die every year from hunger and malnutrition. Malnutrition hinders fetal development, weakens the immune system, impairs physical and mental health, slows thinking, saps energy, stunts growth and leads to infectious disease: optimal nutrition – especially in the early years of life – is of literally vital importance.

This book provides concise information to doctors seeking quick guidance on practical and relevant issues in the nutrition of infants, children and adolescents. Among many others subjects, it covers eating disorders, food intolerances, allergies and allergy prevention, vegetarian and vegan diets as well as the special nutritional requirements during adolescence.

The editors have developed this compact reference book for busy physicians and other healthcare professionals who often find it difficult to devote sufficient time to study elaborate and extensive books on just one aspect of their practice. Moreover, due to the insightful input of a global editorial board, challenges both in affluent and poorer populations are addressed, making this book an invaluable reference guide for doctors the world over.

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Pediatric Nutrition in Practice

XIV + 306 p., 70 fig., 29 in color, 119 tab., soft cover, 2008

CHF 160.00 / EUR 114.50 / USD 160.00

ISBN 978-3-8055-8477-7