

Pediatric Nutrition

8th Edition

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Preface

Inadequate nutrition and, more recently, overnutrition in infants and children have immediate consequences for health and well-being, growth, and development and can lead to long-term, intergenerational effects on health, reproduction, cognition, and chronic disease. Overweight affects a significant proportion of the pediatric population in countries that span the levels of the United Nations Human Development Index. In some communities, as many as 60% of school-aged children are overweight. At the same time, undernutrition, stunting, and food insecurity remain major public health issues for infants and children across the globe. With the projected increase in population over the coming decades and the effects of climate change on arable land, farming, and food production, it is critical to understand how to best support the nutritional needs of growing infants and children and how to sustainably provide safe and affordable nutrition. This 8th edition of *Pediatric Nutrition* is meant to serve as a current and integrated resource for the practicing clinician to provide an understanding of the fundamental role of nutrients in human metabolism, the role of nutrition in the prevention and treatment of acute and chronic illnesses, and the interaction between nutrients, the microbiome, and gene function. Every attempt has been made to provide additional resources within each of the chapters that include references to printed materials, links to web-based resources and tools, and contacts for both government and private organizations that will be useful for both clinicians and patients. This edition of the handbook is the work of more than 100 authors and editors, all of whom are recognized experts for the topics on which they have written. All chapters are intended to reflect the current evidence base for each topic and the current policy statements and recommendations of the American Academy of Pediatrics. Our most sincere thanks go to the Chair of the Committee on Nutrition, Dr. Steve Abrams, and the current and past members of the committee who have contributed to the preparation of this book.

Ronald E. Kleinman, MD, FAAP, and Frank R. Greer, MD, FAAP, Editors

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