

Importance of Pediatric Nutrition

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Nutrition, physical activity and behavior choices are vital when it concerned with a child's health.

Good nutrition is important for correct growth and development. It also helps fight infection and deal with medical treatment, especially for youngsters and teenagers with chronic or complex diseases Adequate and proper nutrition is vital for a child's normal growth and development Infants obtain their nutrition from breast milk, which may be a perfect mixture of vitamins, protein and fat. It also contains antibodies that help your baby fight viruses and bacteria. Every child has unique nutritional needs and it varies counting on their activity levels. Children grow rapidly till five years and need balanced nutrition that helps them grow to their full potential.

- Consume meals and snacks from the 5 food groups:
 - Fruits
 - Vegetables
 - Whole grains
 - milk and dairy
 - Lean meats, quality protein
- Balance food intake with daily activity
- Get nutrition from every calorie consumed
 - nutrient rich foods

Starting solid foods is an exciting milestone for babies.

Healthful eating has many benefits for youngsters.

It can: Stabilize their energy, Improve their minds, Even out their moods, Help them maintain a healthy weight, Help prevent psychological state conditions. These include depression, anxiety, and ADHD.

Plus, having a healthy diet and that specialize in nutrition are a number of the only and most vital ways to stop the onset of disease. Healthy eating can help prevent many chronic diseases. These include obesity, heart condition, high vital sign, and sort 2 diabetes.

Type of milk to child:

Younger than 12 months: Breast milk and/or iron-fortified formula
12 to 24 months: milk. Your child's doctor may recommend reduced-fat (2%) milk if your child is obese or overweight or if there's a case history of high cholesterol or heart condition . ask your child's doctor or dietitian before switching from whole to reduced-fat milk.

Older than 24 months: Reduced-fat (2%), low-fat (1%), or nonfat (skim) milk Pediatric nutrition assessment is an important process to work out appropriate interventions and follow-up required to make sure proper growth and development

- Different requirements exist from infancy to adolescence
- Infants require the very best number of calories per kg of weight than the other time in human development.

Diet and nutrition play a key role in brain development right into adulthood. Undernutrition in adolescence is related to impaired cognitive function, school absenteeism and psychological stress.

Obesity may start with excessive feeding in infancy. If an infant has two obese parents, it's particularly important to watch and control weight gain because the infant has an 80% chance of becoming obese.

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