

CHAPTER 14

NUTRITION FROM INFANCY THROUGH ADOLESCENCE

REAL LIFE SCENARIO

Damon is a 7-month-old boy who has been taken to a clinic for a routine checkup. On examination, he was found to be moderately underweight relative to his age and body length. His physician scheduled a follow-up appointment in 3 months. At the 10-month visit, Damon appeared sluggish and was now even more underweight for his age and length.

A registered dietitian interviewed Damon's 16-year-old mother to collect information on Damon's dietary intake. His intake over the previous 24 hours consisted of two bottles of infant formula, three 8-ounce bottles of Kool-Aid, and a hot dog. However, his mother was still in school, and at night she often left Damon with the neighbor so she could go out with friends for a few hours. Thus, she was not aware of all that he ate. What problems do you think are present in Damon's diet? What potential dangers await Damon if his growth continues to lag behind?