

CHAPTER 14

NUTRITION FROM INFANCY THROUGH ADOLESCENCE

OVERVIEW

Nutritional needs change from infancy through adolescence. This chapter discusses growth and development chronologically and outlines nutritional needs, feeding practices, and nutrition-related problems at each stage. The discussion of feeding practices during infancy includes formula feeding, breastfeeding, weaning and the introduction of solid foods. Infant feeding practices to avoid also are addressed. An explanation of food allergies and intolerances is presented. The slower rate of growth and decreased appetite during preschool years is used to emphasize the importance of nutrient-dense foods. A brief section on childhood obesity prevention is provided. During adolescence another growth spurt occurs increasing nutritional needs at a time when food habits may result in a limited diet. Nutrition-related problems of this growth period are discussed and suggestions for promoting a nutritious diet are outlined.