



nutrients



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Focus on Diet and Nutrition in Early Life of Infants

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Message from the Guest Editor

Dear Colleagues,

Nutrition in infancy and early childhood is known to be associated with infant and childhood morbidity and child quality of life. According to the World Health Organization (WHO) and UNICEF, the first 1000 days of a child's life, starting from conception up to the first 2 years of life, are strongly correlated with the possibility of the child reaching their optimal development in relation to their genetic potential. Proper nutrition is the right of every child, and the state is obliged to ensure this right for all children. The WHO estimates that, every year, 45% of child deaths worldwide are due to the inability to ensure good nutrition for these children, but it is now known that in addition to infant morbidity and mortality, nutrition in the first years of a child's life is associated with the risk of developing chronic diseases later in adulthood, as well as the child's normal mental and physical development. This effect of diet on health in adulthood is linked to 'programming' and is a risk factor for poor diet.

Dr. Zoi Iliodromiti

Guest Editor



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