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Dietary and Nutritional Assessment in Children

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Message from the Guest Editor

Children are in a critical period of rapid physical and intellectual development. An adequate intake of protein, carbohydrates, fats, vitamins, and minerals are necessary to ensure optimal child growth. In addition, nutritious foods improve cognitive function. A healthy diet also prevents child obesity, reducing the risk of cardiovascular disease, diabetes, and cancers in later life. Therefore, providing infants and children with a balanced diet is critical to support their physical and mental growth and development.

This Special Issue welcomes manuscript submissions of original research, meta-analyses, or reviews of the scientific literature. Manuscripts can focus on the effects of dietary factors and the provision of nutritional supplements to pregnant women and/or children on children's health outcomes in clinical, epidemiological, or experimental studies. Research focused on dietary assessment and innovative nutritional assessments with the use of body composition measures, biochemical markers, and nutritional metabolomics during pregnancy, infancy, and childhood are also welcome.



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