



Early Childhood Nutrition for Long-Term Health

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Message from the Guest Editor

Dear Colleagues,

A healthy lifestyle, including adequate nutrition from the perinatal period to adolescence, is essential for achieving successful pregnancies, child development, healthy growth, and finally for the prevention of non-communicable diseases (NCDs) during childhood and later in life. Furthermore, pregnancy and early childhood are critical periods for establishing eating habits. Dietary behavior before and during pregnancy and the feeding patterns of young children (breastfeeding duration and introduction of solid foods), are associated, for example, with taste preferences and therefore influence whether a diet is beneficial or detrimental to health. By evaluating children's nutritional habits, deficits can be highlighted and awareness of the importance of appropriate nutrition education can be raised.

This Special Issue aims to clarify factors that influence dietary behavior from an early age and examine the impact of (in)adequate nutrition on disease prevention in order to promote nutrition education to increase nutritional competence.





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