

Contents

Preface	vii
Section 1 Nutritional Requirements and Healthy Eating	
1.1 Nutritional Requirements	2
1.2 Principles of a Balanced Nutritious Diet for Children over 1 Year	13
1.3 Social and Cultural Influences on Food Choices	25
Section 2 Assessment of Growth and Nutritional Intake	
2.1 Measuring and Assessing Growth	38
2.2 Assessing Nutritional Intake	47
Section 3 Prenatal Nutrition	
3.1 Preconception and Fertility	58
3.2 Pregnancy	63
Section 4 Infants: 0–12 Months	
4.1 Milk Feeding	80
4.2 Weaning onto Solid Foods – Complementary Feeding	99
4.3 Common Feeding Problems in Infancy	113
4.4 Preterm Infants	122
Section 5 Preschool Children: 1–4 Years	
5.1 Preschool Children 1–4 Years	134
5.2 Common Nutritional Problems in Preschool Children	146
5.3 Feeding Preschool Children in Childcare Settings	157
Section 6 School Age Children	
6.1 Primary School Age Children	164
6.2 Nutrition for Adolescents	173
Section 7 Nutrition for Chronic Conditions	
7.1 Food Hypersensitivity – Food Allergies and Intolerances	186

7.2 Childhood Obesity	197
7.3 Nutrition for Children with Chronic Diseases and Syndromes	207
Glossary	223
Answers to Activities	225
Appendix 1: Function and Food Sources of Nutrients	229
Appendix 2: Growth Charts	234
Appendix 3: BMI and Waist Circumference Charts	242
Index	246