Pediatric nutrition

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Nutrition has a significant role in child health. Adequate amount of nutrients and minerals are necessary for child’s early growth and development, because immunity is boosted during infancy and early life which protects child from chronic diseases and infection. Right nutrition in infancy and early life helps to develop brain and cognitive abilities of the child and promotes his good health. Breast feeding plays an important role in boosting immunity. First 1000 days of life have a significant value. Fruits and vegetables contain essential nutrients and vitamins. Milk is the basic key of nourishment for the baby; it contains folic acid which prevents neural tube defects in babies. Breast milk provides enough water to replace fluid losses in a healthy infant. Rapid fluid losses due to diarrhea or vomiting can be life threatening. Malnutrition effects immune response, increase the risk of infant mortality, delay in psychomotor development and cause learning disabilities. The basic daily needs of toddlers are: Calcium 700 mg, Vitamin D 600 IU, Protein 0.8 g/kg body weight. Child's brain rapidly grows during the last 4 months of pregnancy and first two years of life, the connection between the nerves cells in the brain are formed. Right nutrition is important to ensure that this occurs properly. Adequate nutrition is the only key for keeping the baby healthy and prevention of the chronic diseases.

Biography

Ishmal Azam Khan has completed her BSc from University of Agriculture Faisalabad, Pakistan. She has done Internship in August, 2017 at Halal Products Institute of University Putra Malaysia and another from Henan University, China. She is currently an Intermee of Nutrition at Shifa International Hospital, Islamabad, Pakistan.

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