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Pediatric Nutrition



9th Edition

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Pediatric Nutrition

9th Edition

American Academy of Pediatrics Committee on Nutrition

Editors

Frank R. Greer, MD, FAAP
Steven A. Abrams, MD, FAAP

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Preface

Nutrition is fundamental to the practice of pediatrics, and accurate information regarding nutritional management of healthy children and those with acute and chronic illnesses is central to the work of all those who care for the health of children. This rapidly evolving and advancing field requires the careful synthesis of available research studies and development of practical approaches to patient management. It also requires understanding the public policy perspectives involved in pediatric nutrition, including government and international health policies. This 9th edition of *Pediatric Nutrition* is meant to serve as a current and integrated resource for the practicing clinician to provide an understanding of the fundamental role of nutrients in human metabolism, the role of nutrition in the prevention and treatment of acute and chronic illnesses, and the interaction between nutrients, the microbiome, and gene function.

Every attempt has been made to provide additional resources within each of the chapters that include references to printed materials, links to web-based resources and tools, and contacts for both government and private organizations that will be useful for both clinicians and patients. This edition of the handbook is the work of more than 100 authors and editors, all of whom are recognized experts for the topics on which they have written. All chapters are intended to reflect the current evidence base for each topic and the current policy statements and recommendations of the American Academy of Pediatrics. Our most sincere thanks go to the Chair of the Committee on Nutrition, Dr. Mark Corkins, and the current and past members of the committee who have contributed to the preparation of this book.

Frank R. Greer, MD, FAAP, and Steven A. Abrams, MD, FAAP, Editors

A NOTE ON AAP WORDS MATTER

Gender-Neutral Language

We have attempted to use gender-neutral language throughout the book, when possible. When citing literature, we have used the terminology used in those references. When the terms male, female, girls, boys, men, women, mother, or maternal are used, they refer to sex assigned at birth, unless otherwise noted. We acknowledge that gender-diverse individuals may have different preferred terminology, experiences, and needs.

Breastfeeding and Infants Born to Gender-Diverse Families

Infants and children of gender-diverse parents may have less access to human milk because of both social and biological constraints. Breastfeeding is used throughout this book; however, the word “breastfeeding” itself may not be the preferred terminology for gender-diverse parents, who may prefer the term “chestfeeding,” which is more inclusive of lactation in the context of varying physiologic anatomies, or other terminology.

Contributors

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