



children



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Food Intake and Nutrition Assessment in Children: Focus on Healthy Growth

Guest Editor:

Dr. Ayoub Al-Jawaldeh

Regional Advisor at World Health
Organization for Eastern
Mediterranean Region, Cairo,
Egypt

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Message from the Guest Editor

Dear Colleagues,

Nutrition is a critical part of health and development. Better nutrition is related to improved infant, child, and maternal health; stronger immune systems; safer pregnancy and childbirth; lower risk of non-communicable diseases (such as diabetes and cardiovascular disease); and longevity. Healthy children learn better. People with adequate nutrition are more productive and can create opportunities to gradually break the cycles of poverty and hunger.

The aim of this Special Issue is to collect research studies based on nationally representative surveys, aimed to investigate the healthy growth with difference in food, energy, and nutrient intake between different subgroups of the children population, and to identify subgroups at risk for a deficient or excessive intake of specific foods or nutrients; to evaluate the anthropometry, physical activity and sedentary behaviour in relation to food and nutrient intake; explore the relationships between family characteristics, food practices, eating context, and diet quality or single foods/food groups consumption, such as fruits and vegetables, dairy products, snack foods, ultra-processed foods.



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Special Issue