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## Advances in Nutrition and the Metabolism of Children

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### Message from the Guest Editors

Dear Colleagues,

As the human body develops, there are so-called 'critical periods' in which metabolic programming occurs through the formation of healthy eating habits, meaning that certain aspects of a diet programme affect the body of a child, influencing their health in later years. Proper nutrition during pregnancy, lactation and the first years of a child's life not only ensures adequate weight gain and optimal nutritional status but also influences the distant—so-called long-term—effects of health "programming", such as the proper functioning of the nervous system, proper development of the skeletal system, reduced risk of cardiovascular disease, reduced risk of cancer and reduced risk of obesity. This Special Issue aims to develop the scientific evidence currently available on the dietary factors influencing the subsequent occurrence or prevention of diet-related diseases in the paediatric population, as well as incorporating nutritional management, effective nutritional interventions for the metabolic safeguarding of children and the dietary management of children who have already developed metabolic consequences due to overweight and obesity.



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**Special** Issue



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## Message from the Editor-in-Chief

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