

Special Issue

Optimizing Nutrition in Pediatrics: From Preterm Infants to Adolescents

Message from the Guest Editor

Children's nutrition is essential for their proper growth and development. Adequate nutrition promotes physical development, immune system strength, and cognitive function. It supplies vital nutrients for organ growth and overall health, including vitamins, minerals, and proteins and helps to prevent child malnutrition and in the same time the risk of chronic diseases later in life. Therefore it is important to provide all the essential macro and micronutrients at the right time and in the right quantity to allow childrens' growth potential to be realized.

In particular, optimizing the nutritional status with an earlier and adequate nutrition can result in better growth and neurodevelopmental outcomes, reducing the comorbidities of preterm birth.

Therefore the nutritional research directions of this Special Issue will include:

- Optimizing nutrition and growth in the preterm infants.
- Optimizing nutrition in the first 2 years of life.
- Strategies to prevent and early detect macro and micronutrient deficiencies in children.
- Strategies to improve nutrition in the sick children.

Guest Editor

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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