

## Special Issue

# Family Diet and Eating Habits as Factors Influencing Child Health and Development

### Message from the Guest Editor

Family diet and eating habits are factors that influence child health and development. Parental factors and the level of parental nutritional knowledge are important both for the duration of breastfeeding, the timing of diet expansion, and the composition of the diet of older children. Parental non-compliance with feeding recommendations can result in the development of feeding disorders, nutritional deficiencies, or excessive weight in the child. It is important that knowledge is put into practice and allows health-promoting feeding behaviour to be perpetuated in the family. Mistakes made by parents can contribute to the child's reluctance to explore new foods, the consumption of excessive amounts of energy, a mismatch between the composition of the diet and the maturity of the child's digestive system, and a higher incidence of allergic reactions to foods. It is important to compose meals correctly to continue correct behaviours to prevent the development of diet-dependent diseases in both childhood and adulthood. Therefore, the family's eating habits and diet are key factors in the child's physical, mental, and health development.

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## Nutrients

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*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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