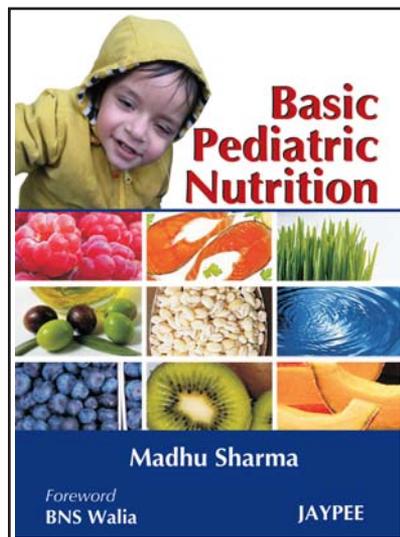


Book Review



ISBN: 978-81-8448-554-7
\$ 15 ₹ 250

Publishers: Jaypee Brothers Medical Publishers (P) Ltd.

Also available online at www.jaypeebrothers.com

Basic Pediatric Nutrition

This book by Mrs Madhu Sharma, as the name suggests, is an attempt to cover issues related to the fundamental concepts of nutrition dealing with the pediatric population. It is based on sound nutritional principles and current knowledge of the subject. There are a host of books covering aspects on nutritional requirements among different age groups, but these are generally only a part of larger chapters in books and most often cover them briefly. In this book, the author has taken great pains to cover each age group in the Indian context, separately and elaborately under different age groups starting from infancy through preschool and followed up to the adolescent stage. Issues relating to common childhood problems, like undernutrition and overnutrition like obesity, have been dealt with in details. Some of the common disorders related to nutritional deficiencies have also been covered with details of the

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pathophysiology and ways of preventing them. Practical aspects of feeding the little ones using Indian recipes and foods in different circumstances can be of great help and a guide for all those dealing with child care, be they pediatricians, dieticians or the students. Parents who are keen to have some basic concept of nutritional management and requirements of their children will also find the book of great help. The language and style of writing are simple yet explicit.

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