

Perinatal Nutrition

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*Optimizing Infant
Health and Development*

Edited by

JATINDER BHATIA, M.D.

*Vice Chairperson for Clinical Research
Section Chief of Neonatology*

and

*Professor of Pediatrics and Neonatology
Medical College of Georgia
Augusta, Georgia, U.S.A.*



MARCEL DEKKER

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著者:Bhatia, Jatinder

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"Perinatal Nutrition" describes the role of nutrition in newborn growth and development, the reduction of health risks, and the prevention of morbidity in the neonatal period and infancy. This important reference presents valuable nutritional strategies for the care of perinatal patients from preconception through infancy and after hospital release, and analyzes in-hospital and post discharge methods to promote infant growth. The book investigates the positive effects of calcium, protein, and other micronutrients on infant development as well as the mechanisms, function, and impact of a wide range of nutrients and provides recommendations for iron and vitamin intake based on maternal BMI.

作者介绍:

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