

# B ö l ü m

# 20

## Sağlıklı Çocuk Beslenmesi

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Doğumdan sonra ilk altı ay anne sütü kullanımı tüm dünyada kabul görmüş önerilen en sağlıklı beslenme uygulamasıdır. Altı aydan sonra anne sütüne ek olarak güvenli, besinsel olarak yeterli bir tamamlayıcı beslenme, büyüme ve gelişme için esastır. Bu dönemde kazanılacak beslenme alışkanlıkları ve öğretiler çocukluk ve ergenlik döneminde bireyin kişiliğinin bir parçası haline gelir. Özellikle yaşamın erken dönemlerinde yetersiz ya da dengesiz beslenmenin vücudun makro ve mikro besin ögesi dengelerinin bozulmasına yol açarak anemi, raşitizm, diş çürükleri, saç dökülmesi gibi bulguların yanında gelişim geriliği, obezite, hipertansiyon, diyabet ve alerjik hastalıklar gibi kronik hastalıkların başlangıcıyla ilişkisini bildiren artan sayıda kanıt bulunmaktadır. Günümüzde toplumsal sağlık sorunları çocukluk çağı bulaşıcı hastalıklarından ziyade erişkinde görülen bulaşıcı olmayan kronik sağlık sorunlarına doğru kaymaktadır. Burada dikkat edilmesi gereken en önemli nokta çocukluk dönemindeki besinsel yetersizliğin erişkin dönemindeki sağlıklı yaşam kalitesini etkileyebileceğidir. Bu nedenle kitabın bu bölümünde, mevcut kanıtlar ışığında bebeklerde tamamlayıcı beslenme, çocukluk çağı ve ergen beslenmesinin uzun vadeli sağlık sonuçları üzerindeki etkilerinden bahsedilecektir. Ayrıca tamamlayıcı beslenme ve daha sonraki çocukluk çağı sağlıklı beslenme yaklaşımları ile ilgili pratik ipuçları verilecektir.

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