Summary
Sources and Suggested Readings
Energy and Nutritional Requirements
Nutrients
Breast-Feeding and the Infant
Energy Needs
Energy Requirements for Growth
Dietary Reference Intake (DRI) for Energy Intake
DRI for Protein Intake
DRI for Lipid Intake
Carbohydrate Requirements
Vitamin Requirements
Mineral Requirements
Summary
Sources and Suggested Readings
Physical Activity and Energy Expenditure: Assessment, Trends, and Tracking
What Is Physical Activity?
What Is Energy Expenditure?
Methods of Assessing Patterns or Levels of Physical Activity and Energy Expenditure
Developmental Trends in Physical Activity and Energy Expenditure
Tracking of Physical Activity Levels
Correlates of Physical Activity Levels in Childhood and Adolescence
Summary
Sources and Suggested Readings
Physical Activity As a Factor in Growth, Maturation, and Performance
Physical Activity
Approaches to the Study of Physical Activity
Activity and Stature
Activity, Body Weight, and Body Composition
Activity and Physique
Activity and Specific Tissues
Activity and Biological Maturity
Overview of Activity, Growth, and Maturation
Activity, Fitness, and Performance
The Concept of Trainability
Summary
Sources and Suggested Readings
Undernutrition in Childhood and Adolescence
Criteria
Prevalence
Forms of Undernutrition