

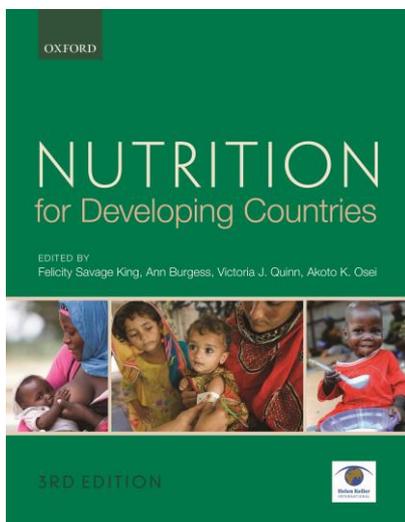
Nutrition for Developing Countries 3rd edition

Oxford University Press

Edited by Felicity Savage King, Ann Burgess, Victoria J. Quinn and Akoto K. Osei

Foreword by Anna Lartey

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Nutrition is an essential component of the work of all health and community workers, including those involved in humanitarian assistance. This fully revised and updated third edition of *Nutrition for Developing Countries* has been prepared by an international team with extensive field experience in Africa and Asia. Using clear, simple language and many illustrations it brings together the essential basics of nutrition in a way which is accurate, up-to-date, and suitable for a wide range of readers.

The book explains nutrients, nutrient needs, meal planning, and how to ensure good nutrition over the life cycle - during pregnancy, infancy and childhood, adolescence, and adulthood, including old age. Emphasis is given to the most vulnerable periods especially the first 1000 days from conception to the second birthday. It addresses the causes, diagnosis, prevention and treatment of undernutrition, and micronutrient deficiencies, as well as the growing epidemic of overnutrition and obesity, which is a leading cause of non-communicable diseases.

Nutrition for Developing Countries covers food and nutrition security, and describes Essential Nutrition Actions including breastfeeding, and complementary feeding. It explains how to work with households and communities so that they can keep well nourished, and manage their nutrition challenges. It gives many ideas for nutrition training. Appendices include recommended nutrient intakes, food composition tables, anthropometric standards, and useful websites.

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