

Investigating the Role of Early Nutritional Interventions in Shaping Long-Term Pediatric Health Outcomes: A Multidisciplinary Approach to Growth and Development

AUTHORS

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BACKGROUND

Early childhood nutrition influences growth, cognition, and disease risk.



OBJECTIVE

To examine the long-term impact of early nutritional interventions in children aged 5 to 10 years



METHOD

Prospective study, 105 children
Assessed: Early nutrition, BMI, height-for-age, cognitive performance



RESULTS

- Lower BMI
- Higher height-for-age
- Improved cognitive performance
- Reduced anemia, infections, and obesity



CONCLUSION

Early nutritional interventions have substantial benefits for long-term pediatric health

