



6º Congreso Argentino de Pediatría General Ambulatoria

19, 20 y 21 de noviembre de 2014

Sede: Sheraton Buenos Aires Hotel & Convention Center
Ciudad de Buenos Aires



"Aportes clínicos para lograr una dieta saludable"

- Position of the Academy of Nutrition and Dietetics: Nutrition Guidance for Healthy Children Ages 2 to 11 years. *Journal of the Academy of Nutrition and Dietetics*. August 2014, Volume 114, Number 8, pg 1257 – 1276.
- Moore, J. A.; Emmet P.M. (2014). Evidenced-based, practical food portion sizes for preschool children and how they fit into a well balanced, nutritionally adequate diet. *Journal of Human Nutrition and Dietetics*. doi: 10.1111/jhn.12228
- Schwartz, S.; Benuck, I. (2013) Strategies and Suggestions for a Healthy Toddler Diet. *Pediatric Annals*. 42:9, pg e191 – e193.
- Jackson, L. W. The Most Important Meal of the Day: Why Children Skip Breakfast and What Can Be Done About It. *Pediatric Annals*. 42:9, pg e194 – e197.



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"Preferencias alimentarias en niños"

- Barends C, de Vries JH, Mojet J, de Graaf C. (2014). Effects of starting weaning exclusively with vegetables on vegetable intake at the age of 12 and 23 months. *Appetite*, 81, 193-9
- Beauchamp GK, Mennella JA. Early flavor learning and its impact on later feeding behavior. *J Pediatr Gastroenterol Nutr*. 2009 Mar; 48 Suppl 1:S25-30.
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- Cooke L. The importance of exposure for healthy eating in childhood: a review. *J Hum Nutr Diet*. 2007 Aug; 20(4):294-301. Review.
- Cooke LJ, Chambers LC, Añez EV, Wardle J.(2011). Facilitating or undermining? The effect of reward on food acceptance. A narrative review. *Appetite*, 57(2):493-7.
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- Fildes A, van Jaarsveld CH, Llewellyn CH, Fisher A, Cooke L, Wardle J. (2014) Nature and nurture in children's food preferences. *AJCN*, 99(4): 911-7.
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- Mennella JA. (2012) Ontogeny of taste preferences: basic biology and implications for health. *Int Rev Psychiatry*. Jun; 24(3):219-30.
- Mennella JA, Lukasewycz LD, Castor SM, Beauchamp GK. (2008) The timing and duration of a sensitive period in human flavor learning: a randomized trial. *AJCN*; 99(3): 704S-11S
- Mennella JA & Trabulsi JC. Complementary Foods and Flavor Experiences: Setting the Foundation. *Ann Nutr Metab* 2012; 60(suppl 2): 40–50
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- Mennella JA, Nicklaus S, Jagolino AL, Yourshaw LM: Variety is the spice of life: strategies for promoting fruit and vegetable acceptance during infancy. *Physiol Behav* 2008; 94:29–38.



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"¿Qué comemos los argentinos?"

- Chamorro V.; Resultados preliminares del estudio HidratAr; disponible en <http://www.cesni.org.ar/blog/resultados-preliminares-del-estudio-hidraar>
- Britos S.; Saraví A.; Chichizola N.; Virgolini M.; Alimentación en el entorno escolar; disponible en <http://cepea.com.ar/cepea/wp-content/uploads/2014/09/s%C3%ADntesis-estudio-NES.pdf>
- Rovirosa A.; Zapata M.E.; Flax Marcó F.; Del balance nutricional a la ingesta en el hogar. Ingesta de calcio: situación en la Argentina, en: El papel del calcio y la vitamina D en la salud ósea y más allá. La perspectiva desde el Cono Sur; Belizán J.; Uauy R; Carmuega E. (Editores), CESNI-Instituto Danone, 2012