



Advantages of Micronutrients in Child Growth and Development

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INTRODUCTION

Exclusive breastfeeding means that the baby only gets breast milk. This is because breast milk contains the right amount of nutrients and water needed for healthy growth, as well as the immune factors needed for the development of a baby's immune system during the first 4 to 6 months of life. There are benefits for mothers too. It has been shown to reduce the risk of breast and ovarian cancer, improve delivery intervals and reduce the risk of diabetes. This highlighted the need to increase the promotion of breastfeeding in communities, which would lead to a child-friendly community initiative. This equips primary caregivers and community health volunteers with the skills to help mother's breast-feed and feed babies and young children. It also enables other family and community members to support breastfeeding mothers. The intervention is particularly important in regions such as Africa, where 60% of women give birth at home. We conducted a study to evaluate the effectiveness of a community-based children's initiative in Koibatek, a rural area in the Rift Valley region of Kenya, where mother's breastfeed exclusively for an average of 3 months. Native and naturalized plants have the advantage of being suitable for growing in a specific environment. Traditions develop around the preparation and serving of dishes from these cultures. Sorghum and vetch are important crops with many food uses. Sorghum is the 5th most important grain in the world after maize and the most commonly grown grain in sub-Saharan Africa.

DESCRIPTION

The cowpea is a legume similar to the common bean. Both plants can thrive in any environment, especially in arid and semi-arid areas where other crops fail. In countries like Niger, Nigeria, Malawi, Mozambique, Tanzania and Zimbabwe, they are often grown in mixed or catch crop systems. In South Africa, sorghum and peas are widely produced and consumed in the Limpopo, Gauteng, Mpumalanga, North West and KwaZulu-Natal provinces. They

are a source of energy, protein, minerals and phytochemicals. This is where my research came in handy. I tested technology to create an affordable product with higher mineral and protein content. The grains are hulled to remove the outer skin, ground and micronized or extruded. Both micronization and extrusion are short-term, high-temperature heat treatments. The result was a ready-to-eat porridge of sorghum and cowpeas supplemented with cowpea leaves that proved suitable for feeding young children. Health authorities around the world support the World Health Organization (WHO) recommendation that infants should be exclusively breastfed from birth to six months of age whenever possible.

CONCLUSION

Despite this, our most recent study shows that global sales of commercial dairy products are booming. Between 2005 and 2019, global sales of dairy products more than doubled from 3.5 kg to 7 kg. Total sales increased from 1 million tons to 2.1 million tons. This increase in sales has been observed across all types of formulas, including Standard (0-6 months), Follow-on (7-12 months), Infant formula (13-36 months), etc., View special formulas. As a result, more children across a wider age group are consuming infant formula. 2 in 5 adults surveyed between May and June said their family had lost their main source of income since the lockdown began. This had devastating consequences for household food security and famine. Of the adults we surveyed, 47% said their households ran out of money to buy groceries in April. Between May and June, 21% said someone in their household had been hungry in the last 7 days. And 15% said their child was hungry during the same period. The government has used three channels of social protection to secure livelihoods: Social security, which includes a COVID-19 relief program for employers and temporary workers, grants and local welfare campaigns. Social, religious, and NGOs have also been incredibly effective in reaching their constituents.

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