

**IAP WHITE PAPER ON NUTRIENT GAPS AND MANAGEMENT**

## NUTRITIONAL GAPS AND MANAGEMENT IN CATCH-UP GROWTH AND IMMUNITY IN INDIAN SCENARIO

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**Abstract:** *Malnutrition during pregnancy may have deleterious effect not only on the health and wellbeing of mother and baby in the early life but is also linked to many adulthood diseases. The Infant and Young Child Feeding (IYCF) practices, especially breast feeding is the cornerstone for child survival. According to recent estimates, 38% of children in India below 5 years are stunted. Suboptimal feeding, late initiation or insufficient quantity and quality of complementary feeds and rise in infectious morbidity are the major drivers in increasing the prevalence of undernutrition and stunting. Nutrition and immunity are closely inter-related. Type 1 nutrients are functional nutrients, that are important in immunity and convalescence and Type 2 nutrients are growth nutrients, which are essential for optimal growth. Catch up growth happens in children, when the cause of growth faltering is removed, in those who have experienced growth faltering before. Proportionate and balanced nutrition during this period is crucial to build up lean body mass and prevent obesity and other complications in childhood and adulthood. Both quantity and quality of protein plays a crucial role in optimal growth of children. Oral nutritional supplementation (ONS) is considered as a nutritionally complete supplement, which benefits, nutritional status of children with faltering growth and immunity. Anticipatory nutrition guidance (ANG) is a key factor in addressing stunting, wasting and catch up growth.*

**Keywords:** *Catch up growth, Immunity, Type 1 & Type 2 Nutrients, Protein digestibility corrected amino acid score, Average/Acceptable Macronutrient Distribution Range, Anticipatory Nutrition Guidance, Oral Nutrition Supplementation, IAP's Malnutrition Proactive Assessment-A Comprehensive Tool- IMPACT*

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