

## Evaluation of formula Protein content and obesity in children

**Mehnoosh Samadi** and **Hojati N**

Kermanshah University of Medical Sciences, Iran

Obesity is the most important public health problems in children and adolescents in the world. Overweight and obese children are likely to stay obese into adulthood and more likely to develop non communicable diseases like diabetes and cardiovascular diseases at a younger age. Overweight and obesity, as well as their related diseases, are largely preventable. The purpose of this study is evaluation of formula protein content and obesity in children.

The results of studies showed that high protein content in formulas can increase BMI and obesity without any beneficial effect on height growth of children, but studies showed that amount of dietary protein at 6 months of age and beyond does

not correlate with BMI and body fat in childhood. The studies concluded weight gain in the first two years of life has a direct relationship with higher BMI and preventive measures for obesity should begin before pregnancy and continue in infancy and childhood.

### Speaker Biography

Mehnoosh Samadi has completed her PhD at the age of 32 years from Ahvaz Jundishapur University of medical sciences. She is the assistant professor of Nutritional science department in School of Nutritional Science and Food Technology of Kermanshah University of Medical Sciences, Kermanshah, Iran. She has published more than 10 papers in reputed journals and has been serving as an editorial board member of reputed.

e: mehnoosh\_samadi@yahoo.com



Notes: