

Health Problems of Infants

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Nutritional Imbalances

Reports of severe nutritional disorders in childhood in most developed countries are uncommon, yet there often exist small numbers of children who may experience a nutritional deficiency of some kind. The 2008 Feeding Infants and Toddlers Study (FITS) found that usual nutrient intake of infants, toddlers, and preschoolers (0 to 47 months old) met or exceeded energy and protein requirements based on the Dietary Reference Intakes (DRIs) and the 2005 Dietary Guidelines for Americans ([Butte, Fox, Briefel, et al, 2010](#)). According to the study, a small but significant number