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Childhood Nutrition Workshop

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MORRIS (2/11/76) -- "Good nutrition from the earliest stages of childhood is sound preventative medicine," says Morris pediatrician Stephen Bergmann.

That's part of the reasoning behind the Infant and Childhood Nutrition Workshop Dr. Bergmann and his wife, Verna, a nutritionist, will present March 2 and 4 in Edson Lounge at the University of Minnesota, Morris.

The workshop, which is free and open to the public, is sponsored by Morris Community Education, the University of Minnesota Agriculture Extension Service and UMM Office of Continuing Education and Regional Programs.

"Good nutrition is, in a sense, insurance to guarantee good health in the future," explains Mrs. Bergmann, who has worked as a nutritionist for Women, Infant and Children (WIC) in Orange Cove, Calif.

"One of the problems in our nation today is what might be described as over-nutrition," she continues. "Over-nutrition leads to obesity. It is important that children develop good eating habits while very young as a method of preventing obesity, which is itself a form of malnourishment."

"It's important that we instill good nutritional habits in the very young so that they have the right attitude about food and develop good eating habits," said Dr. Bergmann. Bergmann, who became interested in pediatrics while in medical school, enjoys working with children because "each patient has much potential to overcome his or her illness quickly allowing the physician to gain satisfaction from his or her efforts."

"Children are innocent and respond to medical attention well, and will hopefully grow up to live with healthy bodies as a result of good preventative medicine which includes good nutrition and regular health checkups."

Bergmann holds his bachelor's and MD degrees from the University of Minnesota and completed his pediatric internship at the University of Kansas Medical Center. He did his residency at Valley Medical Center, Fresno, Calif. and for the past three and one-half months has been a pediatrician at the Morris Medical Center.

The workshop will focus on what the requirements for good infant and childhood

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nutrition are, how they can be achieved with today's food dollar, composition of baby foods on today's market and tips on buying them, and other topics related to childhood and maternal feeding and nutrition.

Mrs. Bergmann will demonstrate how one can make their own baby foods, and discuss adding solid foods to baby's diet, the transition between baby foods and table foods and recent research findings on childhood nutrition.

Dr. Bergmann will discuss normal and abnormal fetal, infant and childhood growth and development, intrauterine infections, hypothyroidism, Down's Syndrome and vomiting, diarrhea and constipation in young children.

The workshop will be presented in a two part series and the Bergmanns will be present for both sessions to discuss subject matter and answer questions. Free literature and food samples will be distributed and baby food and formula will be given away in a drawing March 4.

Both sessions will meet from 7 to 9 p.m.

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