Results In total, 368 (81.8%) mothers provided any formula milk to their infants at 6 weeks; of these, 14 (3.8%) reported to adding solid foods to their infant’s bottle feeds. Almost 50% of formula feeding mothers ($n=181$) reported to changing their infant’s formula type/brand at least once during the first 6 weeks, mainly due to increased hunger and feeding frequency (2–3 hourly) (54.8%). Where 6 week infant weight measurements were available ($n=184$), a mean of 205ml (SD 45ml) of formula milk/kilogram body weight/day was consumed by these infants.

Conclusion Several formula feeding practices with potential implications for later obesity risk were identified in this study including premature introduction to solids (≤6 weeks) and consumption of excessive formula milk volumes at 6 weeks relative to infant feeding guidelines. Early provision of recommended feeding guidelines including specific advice on age-appropriate milk volumes to parents who formula feed should be considered in obesity prevention programmes.

Results In general, the level of knowledge related to rich sources of nutrients was poor. The most of the children can’t identify the role of calcium (72.6%), proteins (68.1%) and iron (84.6 %). Children prefer to eat foods they like (71.8%), such as sweets and cakes, hamburgers and etc. The most of the children (83.3%) have normal weight for age, underweight was revealed in 3.1%, overweight in 12.3% and obesity in 1.4% cases. The assessment of dietary intake show, that intake of fruits and vegetables, as well as milk and milk products is quite low, while intake of bread and pastry, and sweets are quite high. Daily consumption of sweets was significantly higher in girls (64.2%) than in boys (47.5%) ($p<0.01$). Only 62% of children eat the breakfast, most children 60.4% view TV during the meal time or play computer games. The most of the children play the active games approximately 30–60 minutes, quite often children play active games only 20–30 minutes.

Conclusion The dietary intake of children does not correspond to WHO recommendations. It is recommended to implement nutrition education programs for children an parents.

Results Percentage of breast feeding was found to be 49.6% in infants aged 6–11 months and 38.4% at 12–24 months. 65.6% percent of infants 6 to 11 months consumed cow’s milk or camel’s on a daily basis before the recommended age of 12 months or later. In most infants aged between 6 and 12 months had higher than the RDA levels of energy, protein, fats and carbohydrates, but surprisingly toddlers ingested less fat than RDA.

Conclusions More parents and caregivers can benefit from guidance about the introduction of developmentally appropriate, micronutrient-rich first solid foods such as iron-rich infant cereals, iron-fortified grain products, meats, soft fruits, and cooked vegetables and the importance of breastfeeding through the first year of life.

Introduction Obesity is one of the most important health problems in children all over the world. The disease is detected more often nowadays and is correlated with lifestyle.