

## Propositions accompanying the thesis

### Diet in childhood: patterns, determinants, and health

1. Diet of children is suboptimal and needs to be improved. *(This thesis)*
2. Parental feeding practices could be a target to improve diet of children. *(This thesis)*
3. Diet quality is associated with cardiometabolic health already in childhood. *(This thesis)*
4. BMI is not a good measure of adiposity in children; other measures should be used in research and clinical practice. *(This thesis)*
5. A better overall diet quality may not protect against atopic diseases at school age. *(This thesis)*
6. Diet is very complex; multiple approaches in research are needed to disentangle its role in disease risk.
7. Dietary pattern analysis is less prone to confounding by other dietary factors than studies on single nutrients.
8. Nutrition and lifestyle should have a more prominent role in medical practice.
9. Involvement of parents, schools, industry, and government is essential to create a healthy environment for children.
10. It is better to build strong children than to fix broken adults. *(Frederick Douglass)*
11. The more I learn, the more I realize how much I do not know. *(Albert Einstein)*

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