

Kids Eat Right and Thrive



We believe every child is special and deserve special attention and care. As part of your child's over all medical treatment, we would also like to let you a Nutritionist/Dietitian specialized in pediatric nutrition is available to help optimize your child's growth and development.

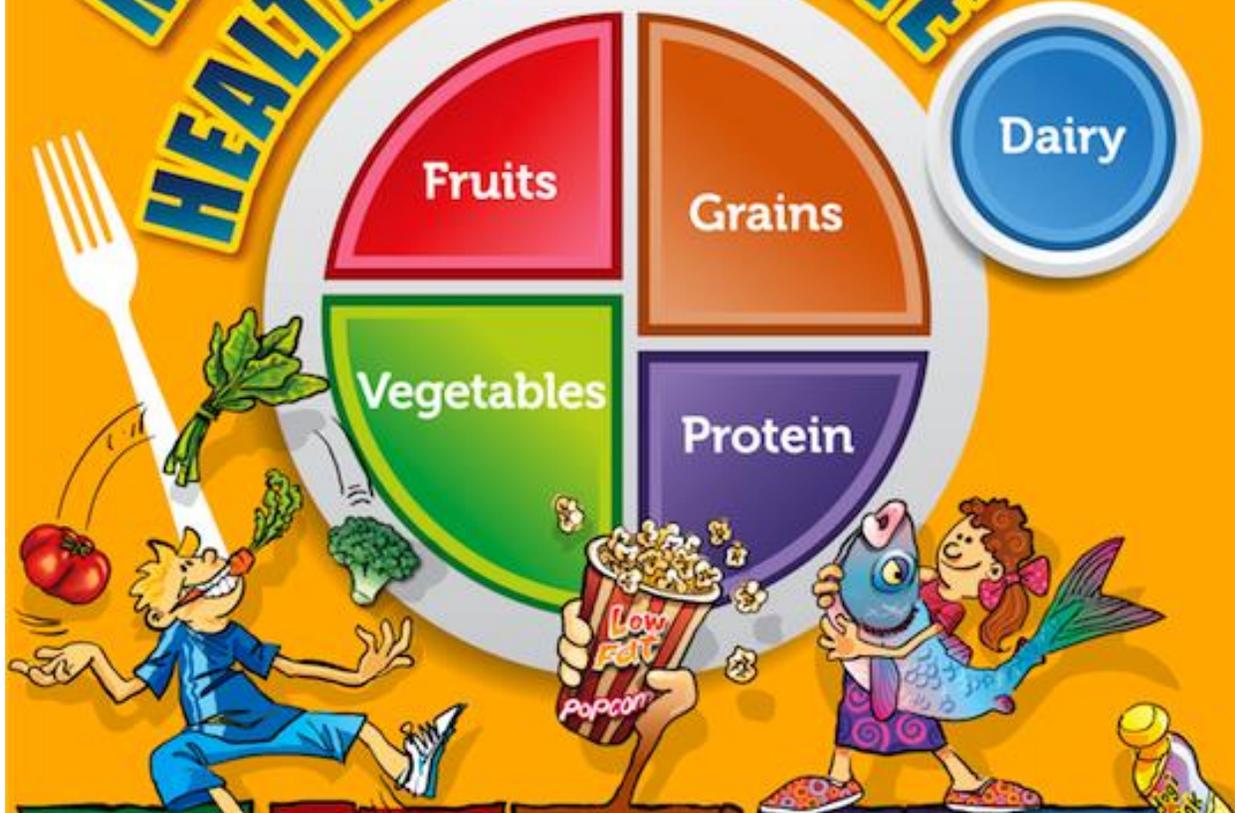
Nutrition services are available in the TAMC Pediatric and Adolescent Clinics to children ranging from infancy through adolescence (birth to 21 years) with nutritional concerns, such as healthy eating habits, food allergies and intolerance, sports nutrition for young athletes, weight management, failure to thrive or poor growth, Type 1 and Type 2 diabetes, vegetarianism, etc.

The dietitian will review your child's medical history, body measurements, lab data, and interview you and your child to learn about your family's eating and lifestyle habits. We will also take into consideration of your child's developmental age and stage. Working as a team with your family, we will come up with reasonable and achievable goals for your child and family with emphasis on healthy feeding relationships, healthy eating and physical activities.

The dietitian will also work closely with your medical team to optimize your child's health outcome, growth and development potential.

You may request a referral from your child's primary care physician or contact the Pediatric or Adolescent Clinic.

MAKE A HEALTHY KIDS PLATE



Veggies

Make your veggies fun!

Get lots of colors and try new things.

Make half your plate fruits and veggies.

Fruits

Fruit is good for you.

Smoothies and frozen fruits are great treats.

Whole fruit is better than juice.

Grains

Make half your grains whole.

Good news: Popcorn is a whole grain.

Try whole grain pasta, cereal and bread, too.

Protein

More than just chicken nuggets, hot dogs and burgers...

Keep it lean. Nuts, beans, peas, poultry, seeds, soy, seafood, eggs and lean meat are good choices.

Dairy

Kids need calcium.

Choose skim or 1% milk and yogurt, too.