



When to Call:

Does your child need to be seen by a registered dietitian?

Proper nutrition is important in preventing issues such as nutrient deficiencies, obesity and poor bone health. Children with poor nutrition may also have poor academic performance. Toddlers and preschoolers grow in spurts and their appetites often vary from day to day. Dietitians can give you and your child general healthy eating advice, but are qualified in many other areas. **Don't hesitate to schedule an evaluation with a dietitian if you are concerned about your child's eating habits or one of the following:**



Food allergies or food sensitivities

Milk, eggs, soy, wheat and nuts are among the most common allergies in children, but allergy testing may not be accurate 100% of the time. A dietitian can work with you to eliminate foods that are causing symptoms in your child, while ensuring they are still meeting their nutritional needs.



Digestive problems

There are a wide variety of digestive issues that may impact children, from constipation, to diarrhea, to reflux.

Obesity

Being overweight as a child leads to higher possibility of being overweight as an adult. Obesity can lead to shorter life expectancy and co-morbidities such as Type 2 Diabetes, heart disease, and low self-esteem.



Malnutrition or poor growth

Children with malnutrition may suffer lifelong physical and cognitive impairments due to deficiencies in nutrients when their growing minds and bodies are vulnerable.



Special health care needs

Nutrition disorders and problems are common in children with special health care needs. Dietitians are trained in assessing and managing the needs of children with special health care needs.