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Nutrition Visit Information for Families

Our Registered Dietitian can provide in-depth nutrition assessment and counseling to help with a variety of nutrition concerns including:

- Basic assessment of nutritional and growth status
- Weight management/Overweight
- Underweight and Failure to thrive
- Food intolerances and Food allergies
- Selective eating and Nutrition challenges
- Vegetarian/Vegan diets
- Sports nutrition
- Navigating introduction of solids
- Constipation/GI disorders
- Nutrition while breastfeeding
- Tube feedings

Prior to your child's first visit, please complete the following, if applicable:

- Fill out the questionnaire below
- Fill out (or have your child fill out if age appropriate) the three-day food log below
- If your child receives formula or a tube feeding, bring formula used or photo of label

During your child's visit we will:

- Measure and review your child's growth history
- Review your child's usual eating patterns
- Review the types of food your child eats and on what schedule
- Review your child's activities and how often he or she participates in them
- Set realistic goals that fit the needs of your child and family
- Set specific goals for your child's food intake or tube feeding
- Plan follow-up visits for your child, if necessary