



Only the best for your family

Each stage of a child's life needs specific nutrients to help them grow healthy and strong. Health habits from childhood can last a lifetime. It is easy to find nutrition advice in the media and internet, but how can you know if it is safe and accurate?

Find a pediatric RDN, the most qualified nutrition professional! Pediatric RDNs are experts in child and family nutrition, and have many years of formal education and training.



Pediatric Nutrition

a dietetic practice group of the
eat right. Academy of Nutrition
and Dietetics

Good nutrition is essential
to a healthy, happy
childhood and teen years!

Contact a pediatric RDN at
www.eatright.org/programs/rdnfinder
today to help your child meet
his or her nutrition needs.



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

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What can a pediatric
registered dietitian
nutritionist (RDN)
do for your family?



Find out inside.

1 **Gluten Sensitive**

Our son was diagnosed with gluten sensitivity as a toddler. Even though we found many gluten-free foods, we were not sure if we were giving him all the nutrients he needed. Our pediatric RDN analyzed his diet and found nutrients that he needed more of. Her ideas on foods, meals and snacks were so helpful! We are no longer stressed!

2 **Picky Eater**

I was having a hard time getting healthy food into my picky child! We went to a pediatric RDN who helped us take the power struggles out of meals. Having an expert's input and support really helped. I've been able to change how I feed my child, and I've already seen good changes in her eating. We can now enjoy meal times.

3 **School Wellness RDN**

The PTA at my child's school was worried about all the candy and bake sales used to raise funds. We worked with other PTAs to ask our district to hire a pediatric RDN. She helped us select healthier foods to sell. She also taught cooking classes for parents and children. Now we can make healthy foods at home and know that the school fundraisers do not conflict with what we're teaching our kids.

4 **Daycare Menus RDN**

I am the director of a daycare and serve over 500 meals a week. We participate in the USDA's Child and Adult Care Food Program, so our meals and snacks must meet strict rules. A pediatric RDN helped me plan menus that we can afford and meet the rules. Even better, the menus have foods that the kids ENJOY!

5 **Weight Control**

My doctor told me that my son was overweight. I wanted to help him make better food choices without making him feel bad about himself. Our pediatric RDN helped us make an eating plan that would help him manage his weight without harming his growing body. Our entire family has followed the RDN's advice, making us all feel happier and healthier!

6 **Pediatrician**

As a pediatrician, I have referred patients to a pediatric RDN for many years. Those who follow her plan are very successful in learning proper eating and nutrition. As a parent of a son with multiple food allergies, the pediatric RDN has been a huge help to me personally. We formulated a nutritional plan for my son, so he could learn to eat a new way and thrive. I trust her as a colleague and as a parent.

7 **Sports**

My daughter's swim team likes to win! They wanted to choose foods to help them swim faster, but I was not sure if what they found online was safe. After speaking with their coach and principal, we hired a pediatric RDN to speak to the team. Now my daughter and I can choose meals and snacks to ensure she is prepared to do her best – both in and out of the pool!

8 **Medical Nutrition Therapy**

I was very stressed after my son was diagnosed with Crohn's disease. Nutrition is a very important part of his condition, but it was hard to know which foods were best. Our pediatric RDN taught us how to read food labels and how to select foods that reduced side effects. Now we know how to choose foods that give him nutrients to help him grow healthy and strong.

