

KidsHealth

from the health experts of Nemours



PARENTS site



KIDS site



TEENS site



Belilovsky Pediatrics

Strongly Advises All Parents to Consult the Following Site:

<http://kidshealth.org>

For Accurate Information Regarding Nutrition, Fitness, Exercise and Parenting Issues for Your Newborn to Adolescent Child

ACCURATE NUTRITIONAL INFORMATION CAN BE FOUND AT THIS WEB SITE. BECAUSE THE SUBJECT IS SO VAST, WE HAVE CIRCLED THE AREAS THAT MOST AFFECT YOUR CHILD. PLEASE CONSULT THIS SITE AND WE WILL BE GLAD TO ANSWER ANY QUESTIONS THAT YOU MAY HAVE

<http://kidshealth.org>

What Should Preschoolers Drink?

Carbohydrates, Sugar, and Your Child

After-School Snacks

Hunger and Your Preschooler

Caffeine and Your Child

Calcium and Your Child

Feeding Your Child Athlete

Cooking With Kids

Cooking With Preschoolers

Cooking With School-Age Kids

Kids and Food: 10 Tips for Parents

Breakfast Basics

Cystic Fibrosis and Nutrition

Deciphering Food Labels

Vegetarianism

Eating During Pregnancy

Fiber and Your Child

Family Meals

Hunger and Malnutrition

Feeding Basics

Breastfeeding vs. Formula Feeding
Feeding Your Newborn
Feeding Your 1- to 2-Year-Old
Feeding Your 1- to 3-Month-Old
Feeding Your 4- to 7-Month-Old
Feeding Your 8- to 12-Month-Old

Anemia

Iron and your child

Eating Disorders

Eating Disorders
Pica
Binge Eating Disorder

Strategies for Feeding a Preschooler

One Formula for a Healthy Lifestyle

Toddlers at the Table: Avoiding Power Struggle

Food Safety

Egg Allergy
Nut and Peanut Allergy
Food Allergies
Food Safety for Your Family

Obesity

Body Mass Index (BMI) Charts
Cholesterol and Your Child
Your Child's Weight
The Food Guide Pyramid
Fats and Your Child
Healthy Eating
Overweight and Obesity
Keeping Portions Under Control

Nutrition & Fitness Q&As

Can Too Much Juice Discolor Teeth?
Does Skim Milk Provide the Same Nutrients as Whole Milk?
How Can I Calculate Calories From Fat?
How Can I Get My Child to Eat Vegetables?
How Much Exercising Is Too Much?
How Should I Deal With a Picky Eater?
Is Caffeinated Soda OK for Kids?
My Child May Have an Eating Disorder — What Can I Do?

Should I Start My Child on an Exercise Program?
What Are the Symptoms of an Overeating Disorder?
What Can I Do for a Child With an Eating Disorder?
What is a BMI Report Card?
When Can Young Kids Start Exercising?
When Should Kids Switch to Skim Milk?
Why Does My Toddler Eat Dog Food?
Why Is Breakfast So Important?