



Belilovsky Pediatrics

Strongly Advises All Parents to Consult the Following Site:

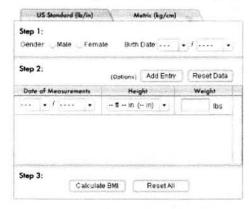
http://kidshealth.org

For Accurate Information Regarding Nutrition, Exercise, Fitness, Parenting Skills as well as Many other Important Topics for your Newborn to Adolescent Child.

NUTRITIONAL GUIDELINES

To best serve the Nutrional Needs of your child, we urge all parents to consult the following website to determine your child's best weight and to decide if a change of diet is necessary.

1. First, Open the following link (below) and discover your child's ideal weight:



http://kidshealth.org/teen/nutrition/weight/bmi.html

2. Next, go to this link to find solutions to almost all of your child's nutritional needs:

NUTRITION & FITNESS CENTER

food & NUTRITION

- ► General Nutrition
- Nutrition & Infants
- Special Dietary Needs
- ▶ Eating Problems
- ▶ Nutrition Q&A
- ► En español ► MORE

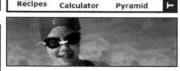
exercise & FITNESS

- ▶ General Fitness
- **▶** Exercise Safety
- Fitness Problems

Quick Tip

- ► Exercise Q&A
- ► En español
- ► MORE





Food Guide

Cut melons or carrots, and keep them in bags in the fridge — ready to grab and go.

► Center for KIDS ► Center for TEENS

3. Should you need the help of a nutritionist for your child, we maintain a list of qualified nutritionists and organized nutritional modification programs in our office. Please contact our office during business hours so that we may evaluate your particular needs and make recommendations and referrals:

Tel: 718-332-6652 (M-Sat 9-5)

In certain cases we will have already determined your child's weight. If so, then your child's weight profile is indicated below:

Your child's BMI is:	7 10
Your child's BMI percentile is:	

This is considered:

HEALTHY

OVERWEIGHT



http://kidshealth.org/parent/centers/nutrition center.html