

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, Exercise, Fitness, Parenting Skills as well as Many other Important Topics for your Newborn to Adolescent Child.

NUTRITIONAL GUIDELINES

To best serve the Nutritional 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 :

The screenshot shows a web form for calculating BMI. It has two tabs: 'US Standard (lb/in)' and 'Metric (kg/cm)'. The form is divided into three steps:

- Step 1:** Includes fields for Gender (Male/Female) and Birth Date.
- Step 2:** Includes fields for Date of Measurements, Height (ft/in), and Weight (lbs). There are buttons for 'Add Entry' and 'Reset Data'.
- Step 3:** Includes buttons for 'Calculate BMI' and 'Reset All'.

<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



NEWS

- ▶ School Water Fountains Can Help Curb Overweight
- ▶ Most Kids Who Take Vitamins Don't Need Them
- ▶ Too Much TV May Lead to Too Much Fast Food
- ▶ MORE

exercise & FITNESS

- ▶ General Fitness
- ▶ Exercise Safety
- ▶ Fitness Problems
- ▶ Exercise Q&A
- ▶ En español
- ▶ MORE

TOOLS

- ▶ Recipes
- ▶ BMI Calculator
- ▶ Food Guide Pyramid

Quick Tip

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:

Your child's BMI percentile is:

This is considered:

HEALTHY

OVERWEIGHT

http://kidshealth.org/parent/centers/nutrition_center.html