





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?