THE CENTER FOR ADVANCED PEDIATRICS

Comprehensive Care for Infants, Children & Young Adults

PEDIATRIC AND ADOLESCENT NUTRITION

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What is the Body Mass Index (BMI)??

You may already be familiar with the growth charts that we use in the office to follow your child's weight and height each year at his or her physical. In addition to these measurements, we now also determine your child's Body Mass Index (BMI), which is a measure of the ratio of weight-for-height. Specifically, BMI= weight (kilograms)/ height (meters^2). We then use this number to help us determine if your child's weight is appropriate, or if he/she may be overweight or obese. In adults, a BMI of >25 is considered overweight, and >30 is obese. In children, we look at the BMI percentile – if a child's BMI is between the 85-95% for age and gender, then he or she is considered at risk of overweight; if the BMI is >95%, then he or she is overweight or obese. If you have further questions about your child's growth, please talk to your health care provider.

Examples of healthy snacks:

A piece of fruit

Fresh vegetables with low-fat dip

A handful of pretzels

1 string cheese

Dried fruit

1/2 -1 container of yogurt

1 Low-fat granola bar

6 reduced fat crackers

15-20 animal crackers

1 cup of applesauce

1 cup of unsweetened cereal with low-fat milk

Our services include:

Cholesterol screening:

We do screening cholesterol checks periodically throughout childhood and adolescence. We perform these tests prior to your child's well-child visit at 5, 10 and 15 years, and then discuss these results at the visit.

Weight evaluation and management:

At each well-child examination we evaluate your child's growth, eating habits and level of physical activity. We strive to help each child maintain an appropriate weight for his or her height and age.

Age appropriate nutrition information:

We hope that our patients will develop healthy eating habits at an early age. Beginning in infancy, we provide information for your family, focusing on smart food choices, appropriate portion sizes, and meal routines.

Healthy Snacks handouts:

Snacking is an important part of your child's diet – our packet provides you with a guide to nutritious snacks for children of all ages.

Registered Dietician:

We have a registered dietician, Michele Daum, on-site in our office. She provides our patients with complete dietary evaluations and management of various nutritional issues.