



Nutrition Consultation



Mott Children's Health Center is offering nutrition consultation for children from early childhood to 18 years of age. The focus is on teaching a balanced diet with a variety of fruits and vegetables, legumes, whole grains, low-fat dairy products, lean meats, and healthy oils. Calorie needs and serving sizes are explained on the basis of the revised Food Guide Pyramid. Many additional topics are covered:

- Healthy eating - a balancing act
- Making sense of nutrition labels
- Guidelines for altering eating behaviors
- Smart snacking
- The benefits of fruits and vegetables
- Body image and self-esteem
- Physical activity and staying motivated
- Eating well while eating out



To make an appointment for
Nutrition Consultation call
(810) 237-7572

