

# Nutrition Services

Nutrition is a primary component of growth, development, achievement and overall health. Developing positive nutrition habits in childhood sets the stage for a healthy life.

## Services Available

Connie is available for individual assessment and counseling of infants, children, teens and pregnant/breastfeeding women. Her primary focus areas include:

### Picky Eaters

Many children will exhibit food jags, food refusal and picky eating behavior. Connie can guide parents in understanding normal feeding development and provide tailored strategies to best manage the behavior of a child who refuses several foods or even entire categories of foods.

### Sports Nutrition

Children and teens who are highly active and involved in sports have unique nutritional needs. Connie is a board certified sports science dietitian (CSSD). She can assist child and teen athletes in devising meal and snack plans that will promote growth, while supplying adequate nutrients and calories needed to fuel high intensity activity.

### Growth & Nutrition

Connie will assess overall diet quality, growth and weight and recommend specific foods, devise meal plans and advise on appropriate nutritional supplementation when indicated.

### Metabolic Syndrome

Children and teens with Metabolic Syndrome are at much greater risk for developing type 2 diabetes and heart disease. Connie will work with families step-by-step to improve overall nutrition, identify barriers to healthy eating habits, overcome emotional issues surrounding food choices, and help families set goals for incorporating activity into busy lifestyles.

### High Cholesterol

An increasing number of children and teens are being diagnosed with elevated cholesterol levels. Connie can advise children and families on the most up-to-date diet and exercise strategies for lowering total and LDL cholesterol while increasing the levels of HDL cholesterol.

### Fresh Start Family Nutrition Classes

Connie also teaches **Fresh Start** classes, designed to provide young families with the tools needed to achieve optimal nutrition, growth and development during childhood. The sessions cover infant and toddler nutrition, the importance of establishing a healthy feeding relationship, and the importance of creating a healthy food environment as children grow and develop. This program is free of charge. To sign up for **Fresh Start** classes, call 503-227-0671.

#### Connie Evers, MS, RDN, CSSD, LD



is an award winning registered dietitian who specializes in sports and pediatric nutrition. She has worked with children, teens and families for over 30 years in school, community and healthcare settings. She is the author of *How to Teach Nutrition to Kids*, 4<sup>th</sup> ed., a book which is used in thousands of schools across the country.

Connie joined Pediatric Associates of the Northwest P.C., in 2012 and currently practices in both our Portland and Tigard offices.



## What to Expect

Patients are asked to complete a food diary and bring it to their appointment. During the session, Connie will take a diet history, assess current eating and exercise habits, and devise an individualized strategy for healthful eating with each patient and family. To schedule an individual appointment, call 503-227-0671.