



Nutrition Services

Nutrition services are now available at Tanque Verde Pediatrics by our Registered Dietitian, Caitlin Provencio. Please see our website to learn more about her!

Patients are encouraged to take advantage of this service to answer all their nutrition questions. Patients can schedule an individual consultation to discuss the nutrition concerns of their choice, (including but not limited to: starting solids, fortifying feeds, GI issues, growth concerns, picky eaters, and food allergies) or participate in live class. Live courses are an interactive 30 minutes with the option of 1:1 or a group. Group courses will be limited to 10 families. Group courses will be offered on Wednesday afternoons. Register for a class under the “Groups/Classes” menu. Below is the list of current live classes.

Topic	Recommended Age	Special Notes
Infant feeding	Prenatal – 3 months	For breast and formula feeding
Starting solids	4-6 months	Ideally taken before starting, but can be taken at any point in the feeding journey.
Feeding Basics	1-2 years	Great for many typical struggles with feeding including pickiness.
Feeding Basics	3-5 years	
Feeding Basics	6-9 years	
Feeding Basics	10-12 years	
Feeding Basics	13-18 years	
Nutrition for Athletes	13-18 years	

Service	Charge	Time
Initial	\$100	60 minutes
Follow Up	\$50	30 minutes
Breastmilk/Formulation Fortification	\$50	30 minutes
Class	\$30	30 minutes

*All services are currently provided via video chat.