

Ask the Dietitian

SuperKids Nutrition Founder, Registered Dietitian, and Creator of the Super Crew ®, Melissa Halas-Liang, MA RD CDE answers your nutrition questions.



[What are some tasty and healthy snacks my kids will eat?](#)

[How can I save money and eat right?](#)

[What should I look for when reading a label?](#)

[How can I plan a balanced lunch for my preschooler?](#)

[What are some food ideas for my preschooler's lunch tote?](#)

[Are chicken nuggets really that bad?](#)

[Should my child go on a diet?](#)

[My family doesn't like green leafy veggies. What can I do?](#)

[Are there any hot dogs that are okay for kids to eat?](#)

[How can I evaluate my family's diet?](#)

[What steps can I take to keep my children at a healthy weight?](#)

[What should I know about sugar and high fructose corn syrup?](#)

Have a question that's not here? Submit your question below:

[contact-form-7 id="42" title="Contact form 1"]

By submitting your question, you agree to the [terms of use](#). The information you supplied will be treated as privileged and confidential. We do our best to answer all inquiries. Complicated nutrition problems are best addressed with a health care provider who is familiar with your child's or family's unique situation and medical history. Your question will be summarized and listed anonymously on the Ask the Nutritionist Page within two to four weeks. Please be sure to check back. We appreciate your interest in Super Kids Nutrition!