

# Outpatient Nutrition Clinic

## at Kennedy Krieger Institute

### Who We Are

The Outpatient Nutrition Clinic at Kennedy Krieger Institute provides comprehensive assessment and support to help each patient meet their specific nutritional requirements.

We work as a team to make sure every patient gets the calories, nutrients and fluids they need to grow and feel their best. Good nutrition helps patients stay healthy and supports their participation in therapy, school or work, and everyday activities.

Each of our patients undergoes a thorough evaluation with our clinicians, who then create an individualized nutrition plan tailored to meet that patient's medical needs and goals. We also teach each patient's family members and community providers how to support the patient's nutrition goals at home, to ensure the patient's nutritional needs are consistently met.

### Who We Serve

We care for patients from infancy through adulthood. Because children grow and change so quickly, their nutrition needs are different from the nutrition needs of adults. This is especially true for children with special needs, who may have challenges with feeding, swallowing or development that affect how they eat and how their body uses nutrients.

That's why people of all ages benefit from a nutrition plan made just for them. We look at each patient as an individual, considering their abilities, medical condition and developmental stage to create a plan that fits their unique needs. By understanding these differences, we help people stay healthy and grow well.

We support patients with a range of disorders and diagnoses, including:

- **Cerebral palsy:** Feeding and swallowing challenges can be related to muscle control.
- **Down syndrome:** Individuals with Down syndrome have unique feeding, growth and nutrition needs.
- **Failure to thrive:** This can occur when growth is slower than expected.



- **Feeding difficulties:** These include challenges with chewing, swallowing and eating a variety of foods.
- **Food allergies:** Reactions to foods such as milk, eggs and peanuts can indicate a person has food allergies.
- **Genetic and metabolic disorders:** These conditions typically require special diets and nutrient needs.
- **Infant nutrition needs:** These include breastfeeding, formula and starting solids.
- **Neurological disorders:** These can affect a person's ability to eat and grow.
- **Oral-motor skill delays (e.g., dysphagia):** These delays can cause difficulty using the muscles of the mouth to eat safely, and discomfort with swallowing.
- **Overweight:** We offer guidance for healthy habits and growth. (Individuals who need support from several specialists for weight management are best served through our Fit and Healthy Clinic.)
- **Spinal cord injury:** Nutrition can help with healing and overall strength.
- **Conditions requiring tube feedings:** This type of feeding offers nutritional support through feeding tubes.

## Our Team

The registered dietitian nutritionists at Kennedy Krieger hold specialty certifications in pediatric nutrition, lactation and weight management. We are dedicated to providing expert, evidence-based care tailored to each patient's unique nutritional needs. We work closely with a variety of clinics and programs across Kennedy Krieger to ensure every patient receives coordinated, whole-person care. When needed, we help connect families with additional therapeutic services, including behavioral psychology and occupational, speech and physical therapies. This collaborative approach ensures that every patient receives the most appropriate and effective treatment to support their health, development and overall well-being.



## Our Approach

We are here to support each patient's health and growth in a caring, personalized way. Our treatment approach starts by learning about a patient's eating habits, medical needs, abilities and daily routines. We collaborate with each patient's family to create goals and a nutrition plan that fits the patient's unique needs, including practical ideas for meals, snacks and supplements.

We work closely with families to make sure these plans feel realistic at home and in the community, always respecting each family's preferences. We check in regularly with each patient and their family and offer ongoing guidance, encouragement and education to help keep healthy habits on track.

## CONTACT US

### Outpatient Nutrition Clinic at Kennedy Krieger Institute

For more information or to schedule an appointment, please call **443-923-9400**, or call toll-free at **888-554-2080**. TTY users, please contact us at **443-923-2645**, or dial **711** to make a Maryland Relay call.

**KennedyKrieger.org**

**Physicians and Healthcare Professionals**  
To make a referral, email us at **FindASpecialist@KennedyKrieger.org** or call our Physician Referral Line at **443-923-9403**.

**Clinic Location**  
801 North Broadway  
Baltimore, MD 21205

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