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PICKY LITTLE STOMAKS

Four years ago, Naveen Agarwal and his wife, Elif Gurel, both engineers in Jacksonville, had twins. Two years ago, those healthy twins were toddlers and like any good parents, they were interested in their children's health, including the best ways to feed their growing progeny.

"[At that time] when you searched for information on nutrition, all you got was diet and weight loss results," says Agarwal, who has a Ph.D. in polymer science and chemical engineering.

Seeing a need for easy-to-understand information on toddler nutrition, Agarwal started a blog, LittleStomaks.com. Using a scientific approach to data gathering, Agarwal regularly reads scientific journals and works with nutritionists and pediatri-

cians to ensure the accuracy of the information posted.

The blog focuses on toddlers, ages 2 to 5. "Any toddler at this age refuses to eat certain things; they are picky eaters and as



parents you are concerned about their health," says Agarwal, who is quick to point out that he and his wife are not nutritional or pediatric experts. "I read, very routinely ... the latest research. If you read these papers, you'd have a headache. We translate this language through the filter of our own experience."

The Little Stomaks blog has more than 5,000 visitors each month. More than 25 dietitians and pediatricians voluntarily

contribute to his Ask The Expert column, answering reader-submitted queries. "These questions come about because parents are online and they aren't finding credible information," says Milton Stokes, a registered dietician. "My child is a picky eater' and the parent is tired and frustrated battling the kids. Another is food allergies and food intolerances. We respond to reader questions and what's interesting, like many blogs, is the back-and-forth discussions with parents and the professionals. Frequently, parents know a lot about the topics, tricks of the trade, because they have been there, and raised one or more children."

Elizabeth Bernardo, president of the Jacksonville Parents of Twins and Triplets, asked how much milk is too much? "I was constantly trying to make them finish their milk before they got up from the table," she says. "[The experts said] they get a lot of calcium and fat in other foods they are eating."

Little Stomaks also features recipes and reviews of products such as "Today I Ate A Rainbow!", a game tracking the fruits and vegetables kids eat, which sparked a "healthy competition" between Agarwal's twins. * —DOLLY PENLAND

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