

PODCAST AND MEDIA GUEST

Monica Pirez Garcia

MS, RDN, LDN, CLT, IFNCP

Pediatric dietitian, ADHD mom, and an engineer who went back to school to find answers for her own daughter. Founder of ADHD Nutrition 4 Kids.

Since 2013 Registered Dietitian Nutritionist	**FL and NY** Licensed Dietitian Nutritionist	**Bilingual** English or Spanish	**Mom of two** One daughter with ADHD	**Fort Lauderdale** Remote or in studio

ABOUT MONICA

Monica Pirez Garcia is a registered dietitian nutritionist and the founder of ADHD Nutrition 4 Kids. She came to nutrition from a first career in structural engineering. When her own daughter was diagnosed with ADHD, she went looking for the parts of the picture no one was checking, and that search became her work. Today she helps parents find what may be driving their child's focus and mood through nutrition, functional lab testing and a personal plan, in English and Spanish.

Stop guessing

What parents can look at beyond the diagnosis, and the better questions to bring to the next pediatrician visit.

The picky eater and the ADHD kid

Why so many kids with ADHD eat the same five foods, and practical moves for a real family table.

Engineer, mom, founder

Starting over in a new field as a Latina mom raising a bilingual family, and earning the trust of worried parents.

QUESTIONS HOSTS LIKE TO ASK

- What made a structural engineer become a dietitian?
- Why do so many kids with ADHD end up picky eaters?
- What can a parent change this week that costs nothing?
- What should parents ask their pediatrician?

CREDENTIALS

- **MS, Dietetics and Nutrition** FIU, 2012
- **RDN** Commission on Dietetic Registration, since 2013
- **LDN** Florida and New York
- **CLT** Oxford Biomedical Technologies, since 2022
- **IFNCP** Integrative and Functional Nutrition Academy

FOR YOUR LISTENERS

A free 30 minute call with Monica, through a link made just for your show.

Monica shares education, not medical advice. Nothing she says on air replaces the guidance of a child's own doctor.

BOOK MONICA

info@adhdnutrition4kids.com

Bios, photos and topics

adhdnutrition4kids.com/media