

Manhasset Nutritionist Maria Dello, CN appears Live on *The Today Show*

On September 7th 2014, Maria Dello, CN of Dellonutritionals was featured on a guest nutrition segment for NBC'S *The Today Show*.

The segment took place at the Official NBC Studio in New York City, where Ms. Dello was interviewed by Contessa Brewer regarding healthy lunches and snacks for children to take to school. The segment began with discussion on the growing epidemic of obesity in America and how parents must take action to help their children combat this prevalent issue.

Ms. Dello showcased several unique and healthy snacks and lunches that parents can easily prepare for their children. She focused on more nutrient-dense foods that provide lasting energy for a child's long day at school. Ms. Dello also emphasized that parents need to be wary of foods laced with preservatives and chemicals. Her advice for navigating those processed foods includes reading labels and, "if you can't read it, don't eat it."

Ms. Dello advises that, "Lunches should be a nutritious, delicious, and fun experience for kids. We need to change the way kids think about their food and make it more of a positive experience." Involving children in the lunch making process, and allowing them to make healthy choices gets them excited about the meal ahead. Unique ideas, such as cutting sandwich bread with cookie cutters, keeps the meal exciting.

Ms. Dello would like to thank Contessa Brewer and the entire team at NBC Studios for such an amazing experience. For more information on Maria Dello, CN, visit www.Dellonutritionals.com or call 516-365-1222.