

Lara Field

Registered Dietitian

Owner/Founder of FEED KIDS, LLC



Lara Field, MS, RD, LDN is the owner/founder of FEED Nutrition Consulting, a private nutrition consulting practice in Chicago - www.feedkids.com. Specializing in pediatric nutrition and digestive diseases like celiac disease and inflammatory bowel disease, Lara not only utilizes creative ways to plan a healthful menu, but also teaches parents techniques that will leave a lasting *healthy* impression on their children. As a mom herself, Lara always strives to provide realistic, practical guidance for busy families.

Lara always has had a passion for kids' nutrition. She has over a decade of experience in clinical practice at two of the top ranked pediatric hospitals in the country, Lurie Children's Hospital and University of Chicago Medical Center.

Lara is specialist in pediatric nutrition. She is interviewed frequently from various nationwide media including FOX, NBC, ABC, WGN, WCIU, Fitness, Men's Health, Runner's World, and Parenting magazine and quoted in publications on her perspective on everything from infant feeding practices to celiac disease and the gluten-free diet.

Lara received her Bachelor of Science Degree from the University of Illinois at Urbana-Champaign. She completed her Master of Science degree and dietetic internship from Rush University Medical Center in Chicago, Illinois.

Contact Lara at lara@feedkids.com or 847-651-4729. Check out her nutrition blog at: <http://feedkids.com/blog/>, find FEED on [Facebook](#), follow FEED on [Twitter](#) and see her most recent updates on [Instagram](#)!