

**Eat Right boxes** are designed for families who want their kids to eat right all the time--a challenging task especially when they are on the go. They are the brainchild of **Dr. Natalie W. Geary**, a top New York City pediatrician, creator and founder of the skincare collection **vedaPURE™**, and author of online parenting blog **modernmums.com**.

Dr. Geary has accumulated a wealth of parenting knowledge from her years as a doctor and a mother of three. The boxes were inspired by her long-time expertise in nutrition, allergy and food intolerances. "Obesity, food allergies, and food intolerances are all on a dramatic rise, and besides, I just like to see kids eating right. The hardest part about children's nutrition is getting them to actually eat what you serve, especially when you aren't in the comfort of your own home. These boxes are designed to please both parents and children because parents shouldn't have to make feeding their kids well a full-time job."

Whether traveling across the country or down the block to the playground, Eat Right boxes make it effortless to insure that your child has healthy snacks instead of junk food. The boxes are easy to pack and filled with all-natural, allergy conscious, healthy foods that your child will actually eat.

"I want to make it easy to eat right," says Dr. Geary. As both a parent and a pediatrician, Eat Right boxes are crucial to maintaining healthy nutrition for your children when you can't cook for them yourself."

Dr. Geary first began giving mothers out-of-office care with the launch of vedaPURE™, the first and only skincare collection using ancient ayurvedic principles of balance and health, herbal remedies for calming and soothing and the highest standards of excellence in modern care. Eat Right boxes were the next logical step in her career.

**Now Available:**



**\* Gluten is wheat gum**, the insoluble component of grains such as wheat, barley, spelt, and rye. It is a mixture of gliadin, glutenin, and other proteins. It is not in corn, rice, or oats, although oats can be contaminated during processing. In fact, almost all processed food contains gluten for one reason or other: thickening, flavor (as malt), as a binder, or as a major ingredient in wheat products such as pizza, pasta, cakes, cookies, bread. It may also be used to prevent food products from clumping or sticking together, like pre-packed grated cheese.

Gluten is an important source of nutritional protein throughout the world, not only in foods prepared directly from sources containing it, but also as an additive to foods otherwise low in protein.

**A gluten-free diet** is recommended amongst other things in the treatment of celiac disease and wheat allergy. It is a diet completely free of ingredients derived from gluten-containing cereals: wheat (including kamut and spelt), barley, rye, and triticale, as well as the use of gluten as a food additive in the form of a flavoring, stabilizing or thickening agent.