

diarrhea: 5% v 1%, 3.5%, 1.3% to 5.7%). Oral administration is often fraught with problems in pediatrics. And the rectal route is underutilized and needs more exploration (BMJ 2006;332:1055-1059 (6 May)).

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Pedscapes

My Pyramid - www.mypyramid.gov

This is a healthy eating guide from the US Department of Agriculture. The website contains dietary guidelines based on the "Food Pyramid". "My Pyramid Plan" helps in creation of an individual dietary plan using the interactive tools in the website. The "My Pyramid Tracker" feature provides a detailed assessment of the diet quality and physical

activity status. "Inside the Pyramid" answers questions about the various food groups and physical activity requirements. This website also contains sections for kids and for healthcare professionals. "Tip of the week" is another interesting feature of the website. This website can be used for creating a healthy diet plan for our patients.

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