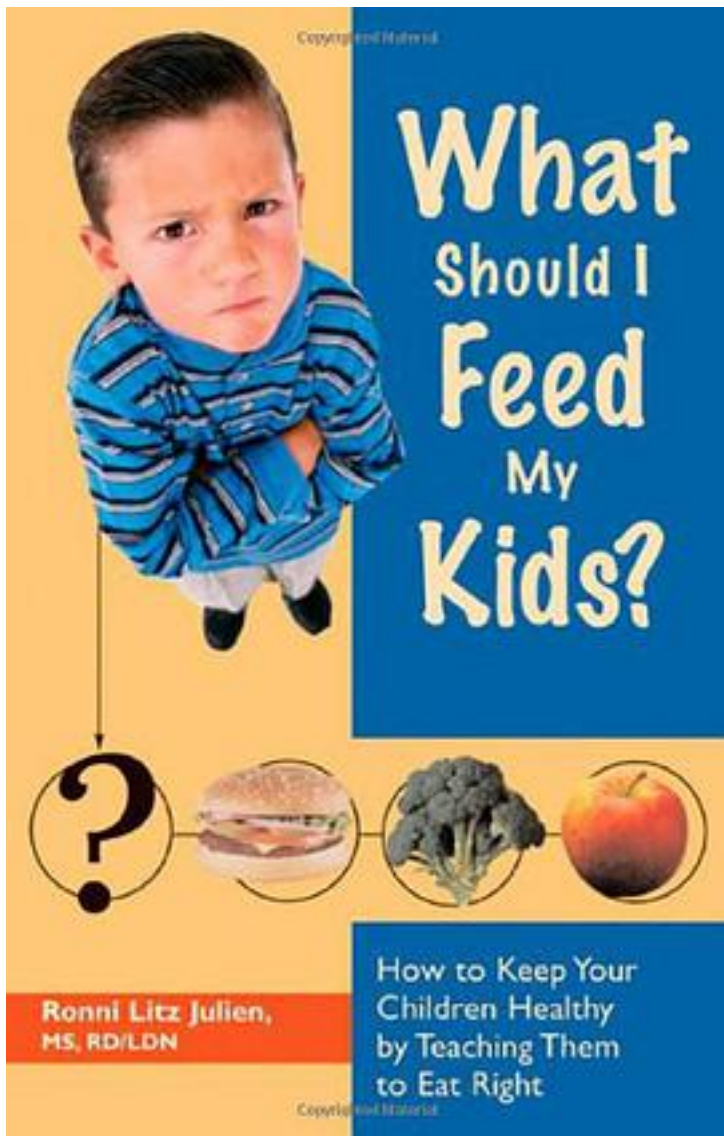


What Should I Feed My Kids?



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You've tried preparing wholesome meals for your children but they want McDonald's instead. What can you do? Perhaps your kids are starting to look more chubby than cute - what can you say that won't make them feel bad? How can you teach your loveable, junk food-eating kids better habits? Convincing your child to eat healthy isn't easy., but it can be done...one habit at a time. What Should I Feed My Kids? is the first comprehensive "how-to" manual to help your child develop healthier habits, from his first bite of food through her teenage years, when the habit- molding opportunity screeches to a halt. Well-known nutritionist (and parent) Ronni Julien uses real-life stories and examples to teach balance and moderation. Se provides practical, solid advice that can be easily and immediately implemented at home, at school, on vacation, at slumber parties, football games...even into college.

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