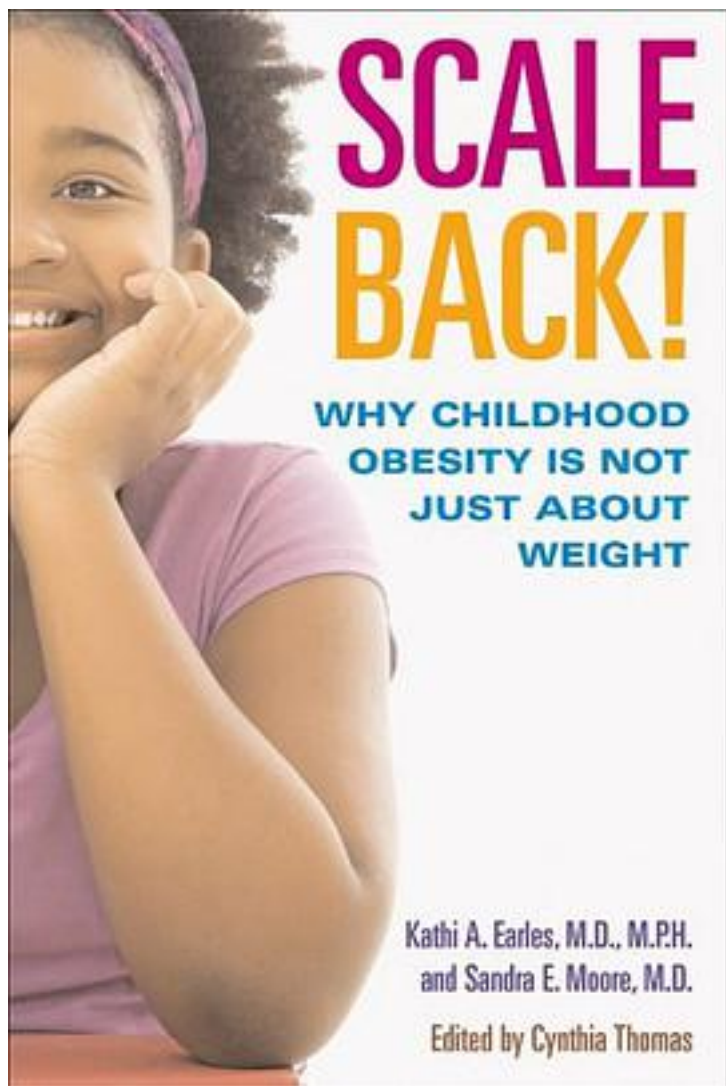


# It's Not What You Eat



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African American parents can learn how to help their children fight obesity with the techniques and recipes presented in this handbook. Based on the dramatic increase in the numbers of obese African American children in the last 15 years, these constructive strategies teach children how to replace overeating and junk food with exercise and nutritional sustenance. A section on the basics of good nutrition and healthy eating habits includes more than 25 delicious low-calorie recipes and teaches children the positive benefits of proper nutrition. Clear, focused, and compassionate, this program for achieving and maintaining good health helps parents help children--and themselves--reverse the trend toward obesity in favor of healthier lives at healthier weights.

作者介绍:

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