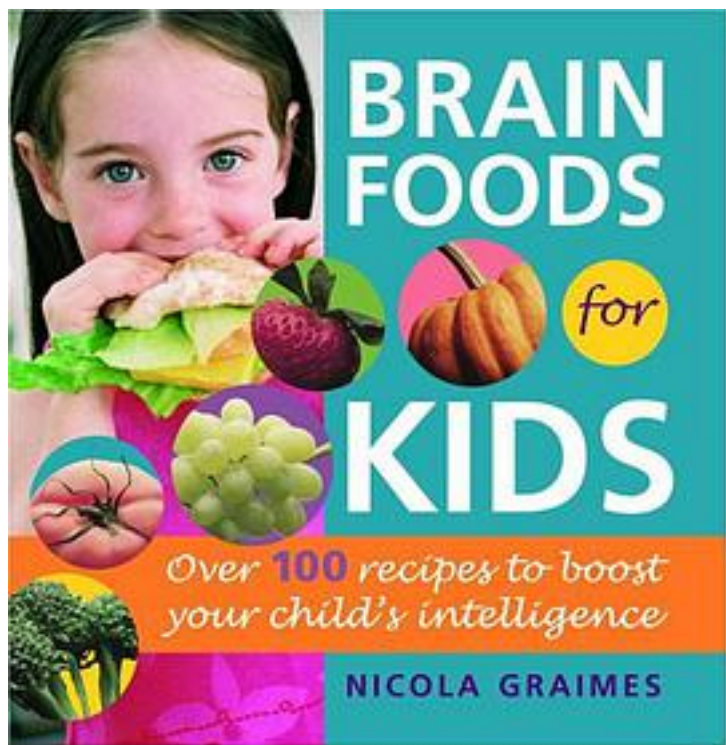


# Brain Foods for Kids



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著者:Nicola Graimes

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After writing several award-winning health and nutrition titles that have had great success in the UK, Nicola Graimes makes her debut in the US market with the first book to focus on children and brain power and the foods that truly can improve intelligence and those that can hinder it. With her exciting positive twist on the link between the food that children eat and their mental development, Graimes offers parents new ways and reasons to give their children (from pregnancy through primary school) and the essential foods and nutrients they require.

BRAIN FOODS FOR KIDS includes:

- A clear and easy-to-follow introduction to the principles of good childhood nutrition and information on all the latest science on brain-boosting foods
- Practical, kid-tested advice on incorporating the essential foods into a child-friendly diet
- Special "brain-box" features to explain the health-giving, mind-boosting properties of each of the featured dishes
- Teaches how to recognize foods containing additives and pesticides, and how to choose healthy, nutritious ingredients
- Advice on using diet to control and avoid behavioral problems such as ADHD

Graines divides the book into two sections. The first is full of advice, bursting with color photographs and helpful scientific facts as palatable for adult readers as the recipes are for their children. The second part covers more than 100 recipes for every meal of the day, parties, picnics, and plenty of delicious snacks. And the perforated at-a-glance weekly menu planner can be torn out for posting on the fridge.

作者介绍:

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