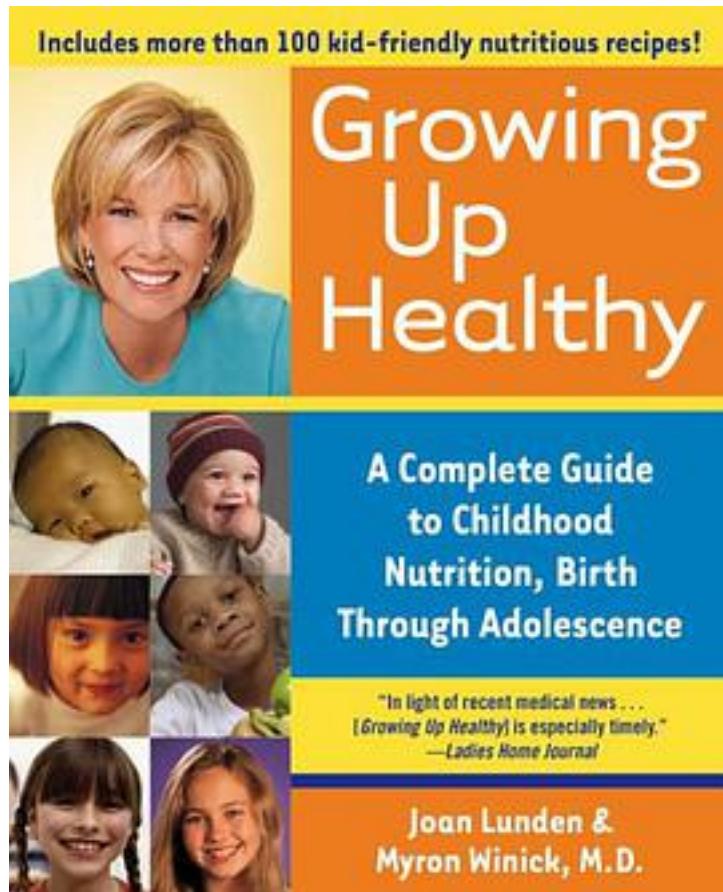


# Growing Up Healthy



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Whether you're expecting a child, are the parent of a newborn, a toddler, a school-aged child, or an adolescent...if they're under your guidance you still have a chance to offer them the gift of a healthy, disease-free life. We as parents have it within our power to help protect our children from disease and very possibly lengthen

their lives. By paying careful attention to the foods our children are eating, by teaching them about nutrition and making some important alterations in their diets, we can become take-action parents on the front lines against future illness. "Growing Up Healthy" contains the lifesaving knowledge we all need to shield our children from disease and help them grow into strong, fit adults. Based on groundbreaking research that shows the link between childhood nutrition and chronic illness in later years, this landmark book shows how feeding our children right during the years when their young bodies are growing can lessen and even prevent their risk of developing many debilitating and deadly chronic adult diseases -- obesity, heart disease and stroke, high blood pressure, Type II diabetes, osteoporosis, and cancer. In "Growing Up Healthy," Joan Lunden, one of America's most trusted journalists and most visible working moms, teams up with Dr. Myron Winick, a leading expert in childhood nutrition, to produce a guide that shows how to feed our children from birth through adolescence; how to teach our children good health and eating habits; how to protect them from the ravages of so-called "adult diseases"; and how to add quality years to our children's life span.

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