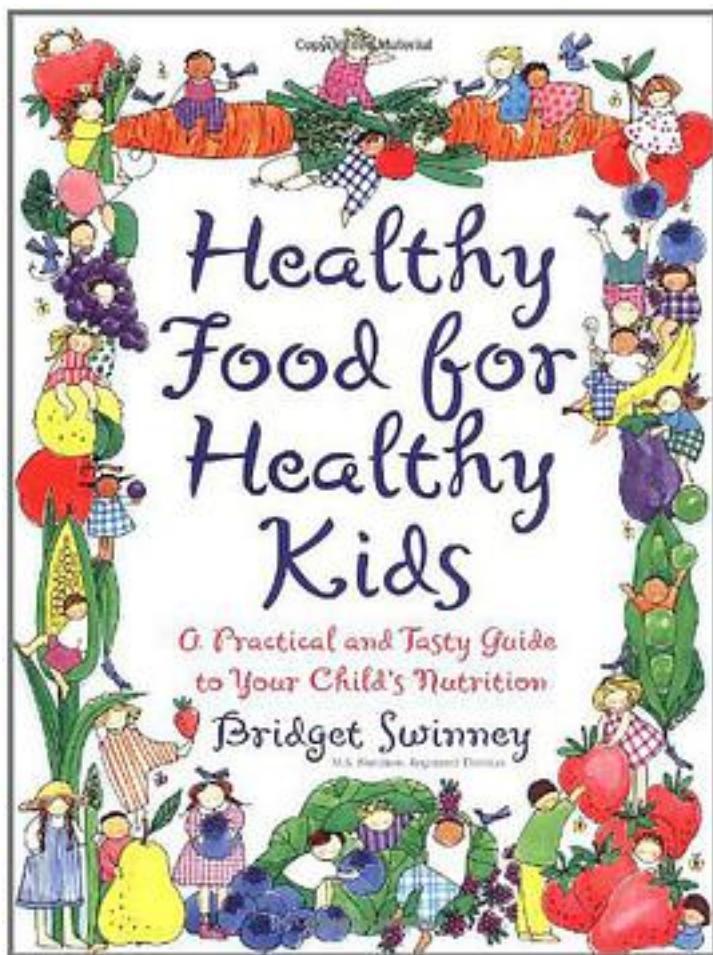


# Healthy Food For Healthy Kids



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著者:Swinney, Bridget

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How to get your kids to eat right and enjoy it! Here is a guide preparing healthy meals your kids will love to eat. It tells you how to teach your children healthy eating habits and shares hints and recipes for happy mealtimes. This practical book, written by a

mom who is also a registered dietitian, offers advice on: Breastfeeding when going back to work; Shopping smart and setting up a healthy, kid-friendly kitchen; Developing healthy eating habits now that can prevent heart disease, cancer, and osteoporosis later; Managing food safety, food allergies, and vegetarian eating; Dealing with food jags and food battles; Sneaking veggies into your kids' meals in a way they'll love. It also provides over 100 kid-tested recipes that include complete nutrition analyses.

作者介绍:

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