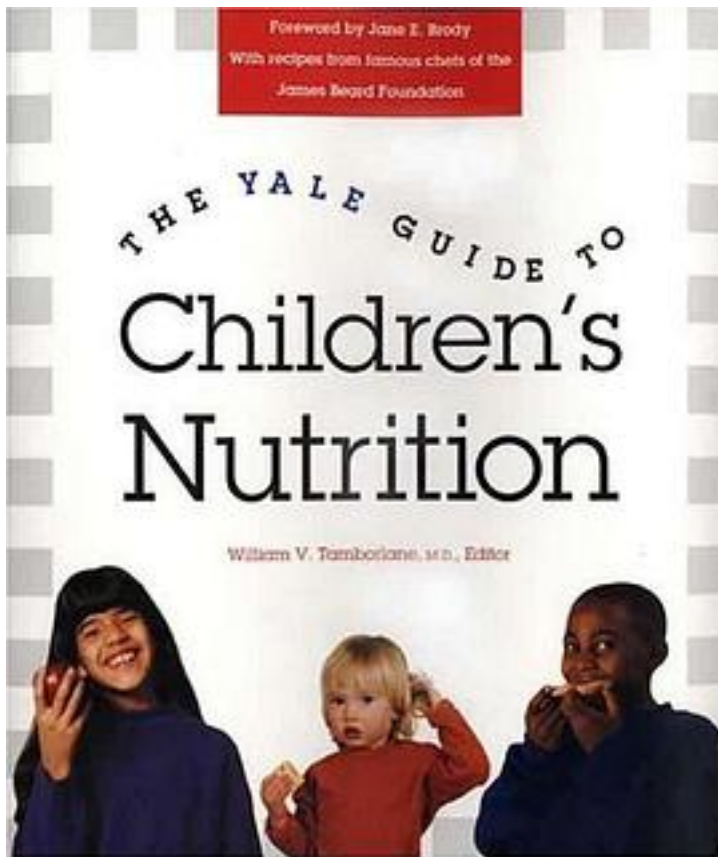


The Yale Guide to Children's Nutrition



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What is the healthiest diet for an infant? What constitutes a nutritious school lunch? How do I deal with my adolescent's eating needs and habits? Will my children receive proper nutrients if that are sick, very athletic or vegetarians? This resource answers these and dozens of other questions, not only presenting the latest scientific

knowledge about nutrition but also providing recipes from chefs for dishes. The book, written by physicians, dietitians, nurse and social workers at the Yale-New Haven Children's Hospital, is a guide to childhood nutrition. The guide includes: information about nutritional needs at different stages of childhood and adolescence; advice on how to cope with a fussy eater and what to feed a sick child; special nutritional requirements for children with high cholesterol, eating disorders, allergies, diabetes, cystic fibrosis, metabolic disorders and other conditions; explanations of such nutritional components as calories, proteins, carbohydrates, fats and vitamins - and examples of foods that are sources for each of them; suggestions for healthy snacks; ideas for eating in restaurants with children; and recipes provided by restaurants and chefs from all over the United States.

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