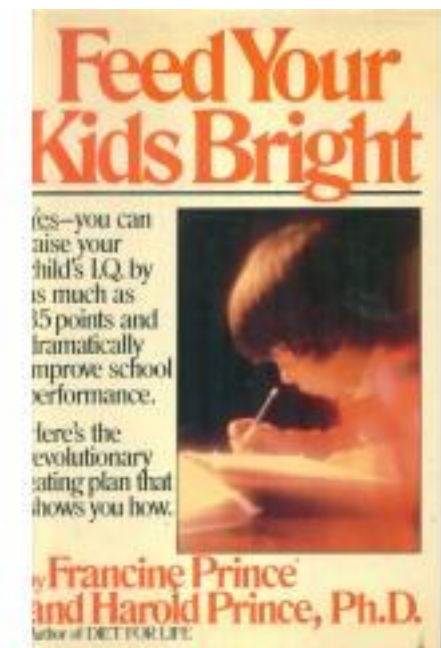


# Feed Your Kids Bright



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著者:

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For every parent, the revolutionary new eating plan in Feed Your Kids Bright will help turn problem kids around, transform dull kids to bright kids and bright kids to brighter kids. It supplies all the nutrients essential to kids peak brain power from preconception through pregnancy and breastfeeding and up to adolescence. Based on a unique list of The 265 Best Foods for Kids Brains, it features inspired recipes for healthful versions of the junk foods kids love-burgers, frozen dinners, chicken nuggets, ice cream, thick shakes, and many, many more. Best of all, you don't have to make separate meals for the kids, since this ingenious-and utterly delicious-eating plan is as right for adults as it's bright for kids.

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