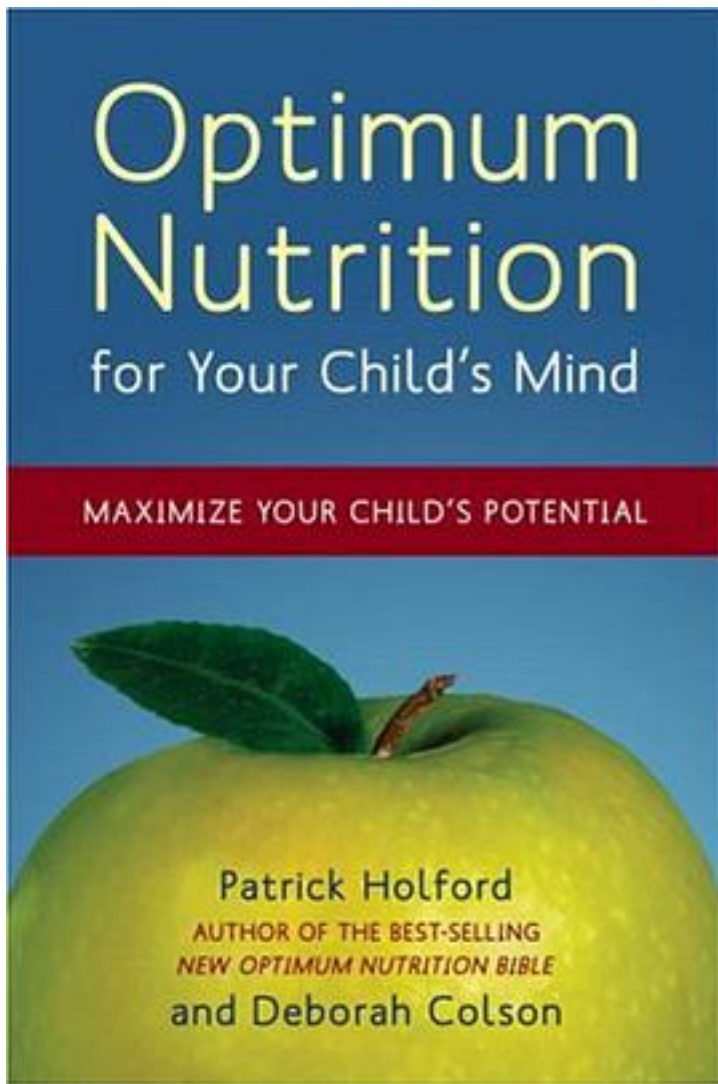


Optimum Nutrition for Your Child's Mind



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A science-based guide to choosing the right foods (and avoiding the wrong ones) to boost your child's intelligence and improve mood and behavior.

Drawing on scientific studies of children with problems ranging from short attention spans to aggressive behavior, nutrition authorities Patrick Holford and Deborah Colson explain the physiological ways certain nutrients affect the way kids think and act. Parents will learn how to prepare brain-boosting breakfasts, blood sugar-balanced snacks, amino acid-rich lunches, and smart-fat dinners that will help get their children off to the best start in life physically, mentally, and emotionally.

作者介绍:

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