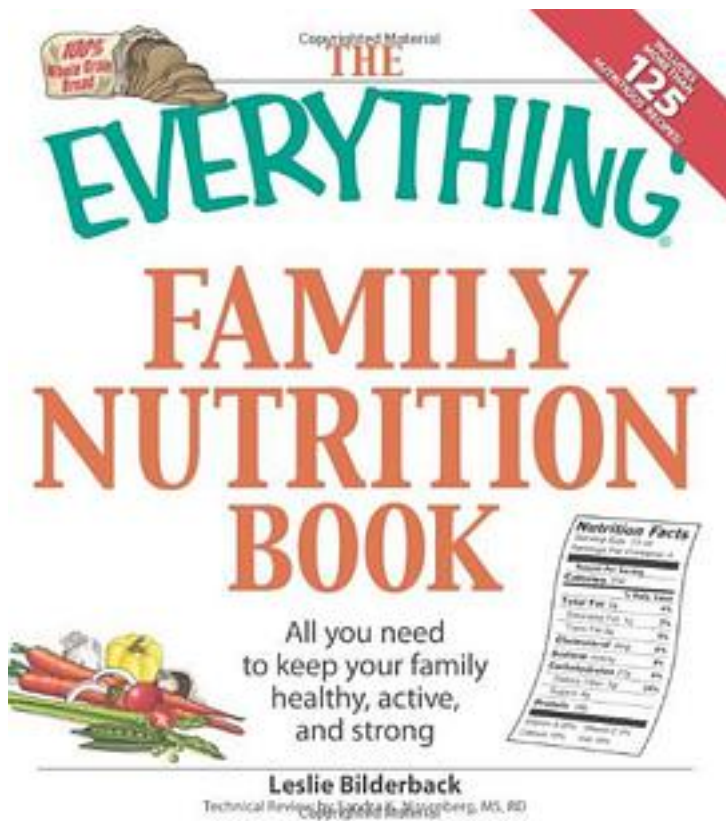


The "Everything" Family Nutrition Book



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With ever-changing information about food and nutrition going around, it's hard to distinguish between fact and fiction. "With The "Everything" Family Nutrition Book" readers will find the latest information on how to: make sure family members of every age get the nutrients they need; reap the benefits of a healthy diet; manage serving sizes and portion control; interpret health claims on food packaging; and, break bad eating habits. "The "Everything" Family Nutrition Book" covers both family health and

the major components of nutrition, and also provides tips for how to eat right when dining out, prepare healthy meals at home, and cook with kids. Filled with over 125 recipes, this tasteful guidebook offers nutrition tips for everyone from children to adults. Because no matter how old you are, you still need to eat those greens!

作者介绍:

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