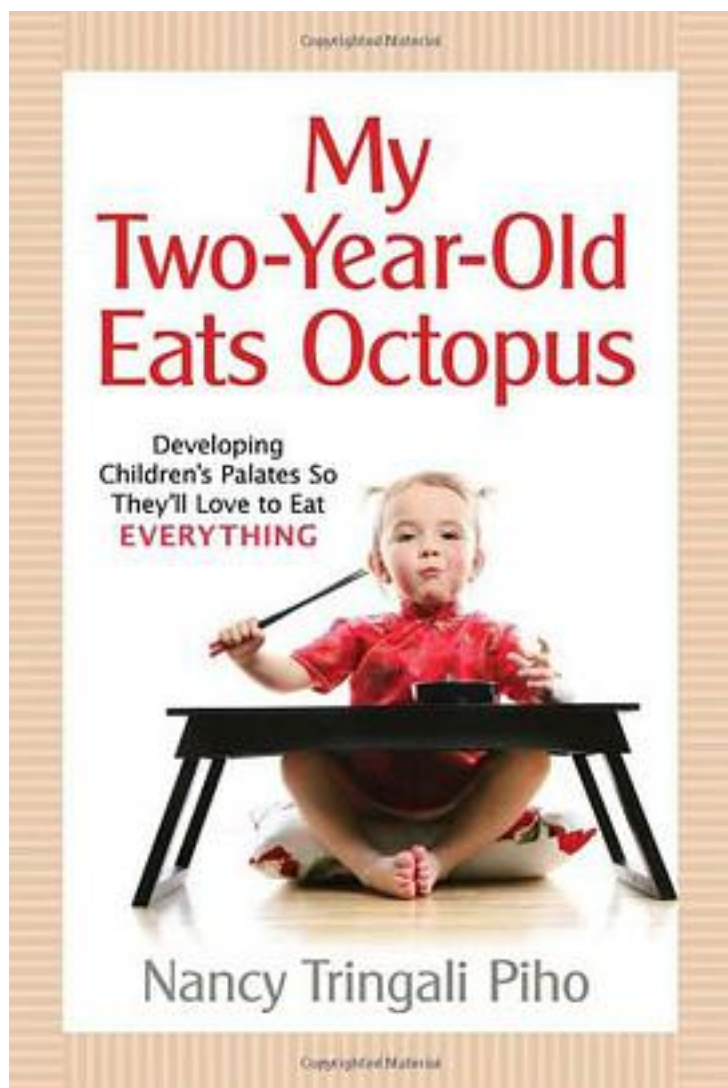


My Two-Year-Old Eats Octopus



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Approaching its topic with humor, style, and a critical eye, this unique guidebook enables parents to provide a healthy and diverse diet for their children. Instead of providing yet another guide to kids' nutrition, a medical discussion, a treatise on the perils of obesity, or a parenting primer on good table manners, this study demonstrates that children need to be taught how to eat well just as they are taught to walk. With detailed guidance from nutritionists, physicians, scientists, and chefs, this handbook details how to find the right foods, how to overcome recurring problems, and emphasize the healthiest elements. Dealing with the picky eater and the real worries about obesity and good nutrition, this survey posits that youngsters eat the way they do because of how the parents themselves eat--and shows how to combat any and all bad habits. Offering plenty of information on how to go about serious change and where to find the best resources, this reference is guaranteed to broaden the horizon of any child's menu.

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