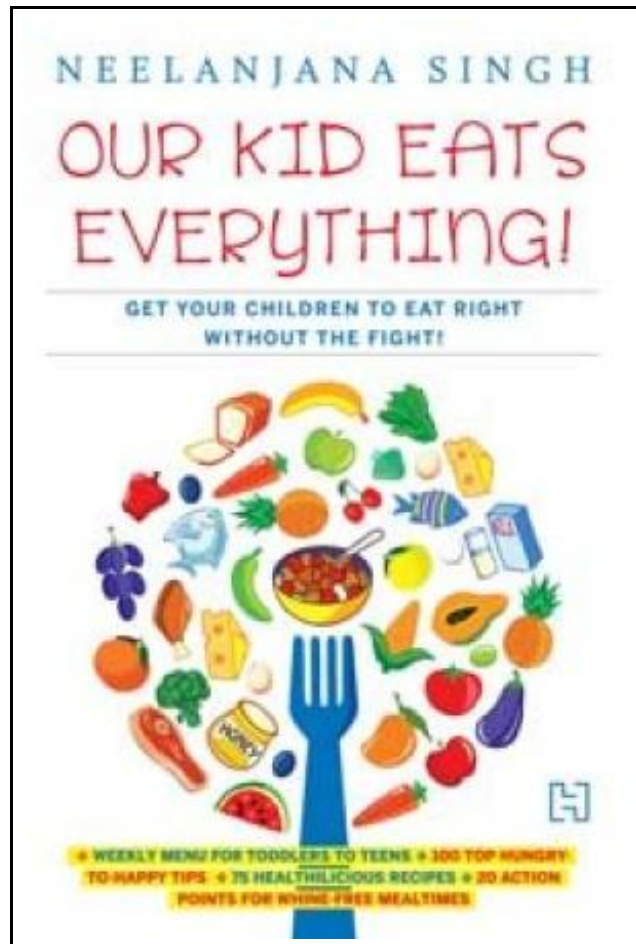


Our Kid Eats Everything!



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Reviews

*This book is fantastic. This is certainly for all those who statte there had not been a really worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Prof. Dale Fahey MD)*

OUR KID EATS EVERYTHING!



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Hachette India, New Delhi, 2014. Paper back. Book Condition: New. 288pp. Eating right made fun and easy for parents and kids! Are mealtimes a perpetual battleground in your family? Do you constantly worry about your child's nutrition and growth, the effects of junk-food overdose and a gadget-centric lifestyle, and the true value of expensive superfoods, while your child continues to be resolutely resistant to what you serve on the table? **Our Kid Eats Everything!** is your answer to making mealtimes tussle-free, tasty and, most of all, healthy. Within these pages you'll find invaluable information and smart tips on: * which foods your child actually needs to grow; * shopping right, reading food labels and outsmarting junk; * nutrition-oriented prevention and cures for common childhood diseases; * age-appropriate weekly menus, including snacks, tiffin and the Exam Diet; PLUS! 75 child-tested recipes that turn 'yuck' to 'yum' and the 20/20 plan to make kids really enjoy what they're eating. Whether your kid is a toddler or a teen, a finicky eater or a junk-food junkie, this enlightening guide by leading nutritionist Neelanjana Singh will help you to make your child a good eater for life.



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