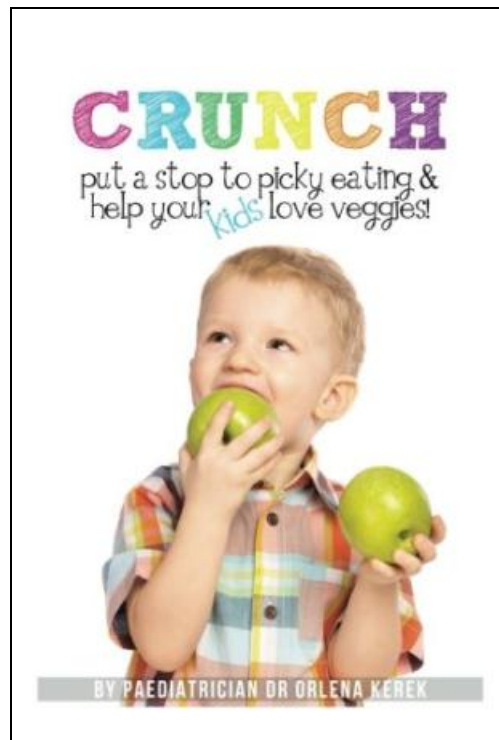


Crunch!: Put a Stop to Picky Eating and Help Your Kids Love Veggies (Paperback)



Filesize: 3.37 MB

Reviews

*This pdf may be really worth a read, and superior to other. It generally does not price too much. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Dylan Schaden)*

CRUNCH!: PUT A STOP TO PICKY EATING AND HELP YOUR KIDS LOVE VEGGIES (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Crunch! Healthy Eating for Children. A Pediatrician's Guide To Happy Meals Are you struggling to feed your child a healthy diet? Are meal times stressful and noisy? Do your kids refuse to eat healthy foods and nag for cookies and treats? Or just eat their favourite macaroni and cheese? This simple and amazing book will show you all the secrets you need to teach your children healthy eating habits and restore peace and calm to the dinner table. It is tough being a parent, there is so much to worry about. And when it comes to eating, it's so easy to cave in and give them the same foods everyday. The same, not-so-very-healthy foods everyday. Anything for a quiet life. But you want your kids to grow up to be healthy, fit adults and you know that the key is healthy eating. Whether your children are ****fussy**** or ****picky**** or just ****normal kids who love treats****, Crunch! Healthy Eating for Children will show you how to feed your kids a healthy diet in such a way that they will learn to love healthy food and develop healthy eating habits. You will learn the stress free way to healthy eating, to bring happiness to your mealtimes. Contents: Introduction Why Is Healthy Eating Important? An overview of the amazing health benefits that you get when you eat a healthy diet. What is Healthy Diet? An overview of what foods your kids should be eating plus an explanation of eat food group. Your Healthy Eating Routine. How to present food and structure your day to teach your kids to eat healthy foods. Portion Sizes. How overfeeding can lead to overeating...



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