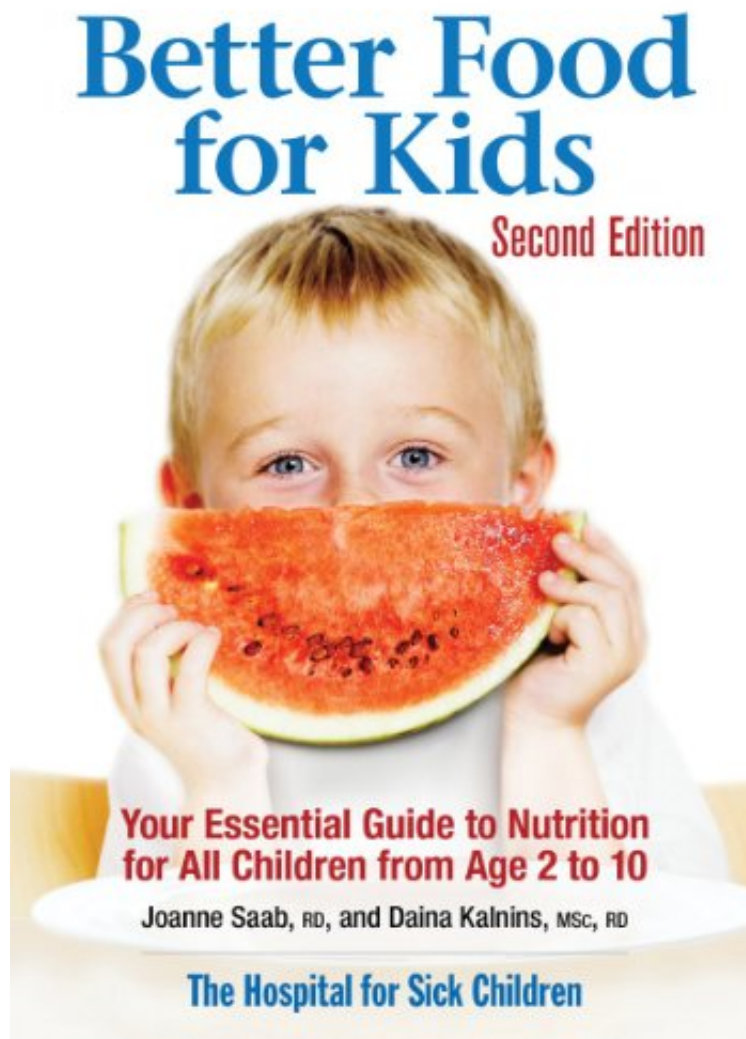


(Read and download) Better Food for Kids: Your Essential Guide to Nutrition for All Children from Age 2 to 10

Better Food for Kids: Your Essential Guide to Nutrition for All Children from Age 2 to 10

Joanne Saab RD, Daina Kalnins MSc RD
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Joanne Saab RD, Daina Kalnins MSc RD : Better Food for Kids: Your Essential Guide to Nutrition for All Children from Age 2 to 10 before purchasing it in order to gauge whether or not it would be worth my time, and all praised Better Food for Kids: Your Essential Guide to Nutrition for All Children from Age 2 to 10:

1 of 1 people found the following review helpful. more choices than pasta and "smother in cheese sauce" By Shopper of good things I first "found" this book at the library when I needed something to help me break out of the pasta rut I

found my toddler in. I really like this book. Other "children's" books on food seem to either want to "hide" the food, or smother it in cheese or the recipes are pasta. I don't need help getting my kid to like pasta.....or something smothered in cheese. This gives me healthful, interesting food ideas that the whole family will eat. There is a nice balance of grains and proteins. So far, the dishes I have tried, my family has liked. I have even recommended this book to a friend.0 of 0 people found the following review helpful. Great recopies. If you are very particular with sugar ...By Saralynn RusherI checked out this book from the library. I wanted to make so many of the recipes that I purchased it. Great recopies.If you are very particular with sugar etc. you can easily substitute.0 of 0 people found the following review helpful. well-organisedBy jag156Love that this book contains up-to-date, reliable info for reading AND easy, yummy recipes for cooking! A must have for every mom of young kids!

A new edition of the quintessential guide for parents. Most parents understand the importance of providing their children with nutritious, well-balanced meals, yet they sometimes need help and guidance in order to prepare healthy dishes when their children are between the critical ages of two and ten years old. In these early years children can develop the positive attitudes toward good nutrition that will allow them to lead to a healthy lifestyle as adults. This new edition of *Better Food for Kids* features: New, revised, expanded and updated nutritional information on topics such as essential nutrients, vitamins and minerals, food safety, food allergies and dealing with picky eaters 75 new recipes, bringing the recipe count to more than 200 Updates and modifications to all of the recipes so they reflect the latest guidelines for salt and sugar intake Here are some of the recipes that the whole family will enjoy: Baked vegetable frittata Breakfast fruit smoothie Zucchini pudding Tex-Mex turkey wraps Tasty tofu Carrot-potato soup Macaroni and beef with cheese Lemon-mustard chicken Braised lamb Deluxe coleslaw Pizza-style hamburgers Family cheese fondue Apple gingerbread Peanut butter brownies With both professional advice and delicious recipes that are thoroughly tested and analyzed, this guide is a comprehensive resource for parents.

Rich with information about nutrition for kids ages 2 to 10. (Petit Appetit 2011-01-01)About the AuthorJoanne Saab is a registered dietitian who trained and worked at the Hospital for Sick Children in Toronto, Ontario, and now works in pediatric nutrition at a pediatric teaching hospital. She is the mother of twins and lives in Burlington, Ontario. Daina Kalnins, MSc, is an academic/clinical specialist and registered dietitian at the Hospital for Sick Children. She has 20 years experience in pediatric nutrition research, is the mother of two young children and lives in Toronto, Ontario.