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

By Joanne Saab, Daina Kalnins

Robert Rose Inc. Paperback. Book Condition: new. BRAND NEW, Better Food for Kids: Your Essential Guide to Nutrition for All Children from Age 2 to 10 (2nd), Joanne Saab, Daina Kalnins, 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; Courgette pudding; Tex-Mex turkey wraps; Tasty tofu; Carrot-potato soup; Macaroni and beef with cheese; Lemon mustard chicken; Braised lamb;...

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