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Growing Up Healthy: A Complete Guide to Childhood Nutrition, Birth Through Adolescence

By Joan Lunden

Atria Books. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 8.6in. x 7.3in. x 1.1in. Whether you're expecting or already parenting a child, you still have a chance to offer them the gift of a healthy, disease-free life. In *Growing Up Healthy*, Joan Lunden, one of America's most trusted journalists and most visible working moms, teams up with Dr. Myron Winick, a leading expert in childhood nutrition, to produce a guide that contains the lifesaving knowledge we all need to shield our children from disease and help them grow into strong, fit adults. Based on groundbreaking research that shows the link between childhood nutrition and adult diseases -- including cardiovascular disease, diabetes, obesity, osteoporosis, and cancer -- *Growing Up Healthy* will teach you: how to choose foods that will boost your children's brainpower, fuel their growing bodies, and shield them against disease which foods influence our children's bodies during the years in which their cells are forming, and their organs and tissues are developing why growing children should not adhere to low-fat or low-carb diets how to create healthy life-long eating patterns that help prevent the onset of chronic illness . . . and more. From first foods to fast foods,...



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Reviews

The publication is great and fantastic. It can be filled with knowledge and wisdom You wont truly feel monotony at at any moment of your time (that's what catalogues are for about if you ask me).

-- **Dr. Marcos Grimes III**

Basically no phrases to clarify. It really is rally fascinating throug reading time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Anabel Zemplak**