



Positive Food for Kids

Jenny O'Dea

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A guilt-free guide for parents on how to get their children to eat healthy food.

Are you concerned about how little your child eats? Are you worried about your child's weight? Is every meal a battle? *Positive Food for Kids* will help you answer all these questions and more, and give you simple and effective strategies to get your child to eat and enjoy healthy food for life.

Dr Jenny O'Dea's groundbreaking research of 5,000 children and their eating habits revealed some shocking facts: one in six children had eaten no fruit or vegetables in the past three days, one in five had had no fruit juice, one in four had had no cereal, pasta or rice, and one in ten had had no milk. Even more confronting was her discovery that poor nutrition not only leads to poor physical growth, but poor brain growth and reduced intelligence, too. In the same study Jenny also found that children as young as six understood very clearly why they should choose healthy food and drinks - it would give them energy, help them to grow and 'feel good on the inside'.

Her new 'positive food' approach is based on this valuable research and twenty years' expertise as a nutritionist, countless interviews with parents and their children as well as her own experiences as a mother. Busy parents can turn to *Positive Food for Kids* for:

- proven strategies that will get your child to eat and enjoy healthy food for life
- handy nutrition guides to all foods, including take-aways
- simple, healthy recipes you and your kids can eat every day.

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Bernard Lewis:

Playing with family in the park, coming to see the coastal world or hanging out with pals is thing that usually you may have done when you have spare time, then why you don't try thing that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Positive Food for Kids, you can enjoy both. It is good combination right, you still wish to miss it? What kind of hang-out type is it? Oh can happen its mind hangout folks. What? Still don't understand it, oh come on its referred to as reading friends.

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