



# The 101 Healthiest Foods for Kids

**Eat the Best,  
Feel the Greatest—  
Healthy Foods for Kids,  
and Recipes Too!**

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# 101 Healthiest Foods for Kids: Eat the Best, Feel the Greatest&#151;Healthy Foods for Kids, and Recipes Too!



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Written by a mother and registered dietitian just who specializes in family nutrition, 101 Healthiest Foods for Kids is an interactive instruction for parents and kids to discovering what fruits, veggies, wholegrains, and more are best for fueling kids' thoughts and bodies. Plus, find tips for selecting, serving, and prepping these wholesome foods; From fruits and vegetables, to wholegrains and protein-wealthy foods, you'll find Do kids need more protein? Do you and your kids like living a healthy lifestyle (or searching to make a goal)? Are you curious about which foods are 'Pick a food that', Let 101 Healthiest Foods for Children be your handbook to everything whole food, no matter where you may be on your own journey! This family-friendly instruction includes informational sidebars with great tips and tricks so you can get kids to try fresh foods and make healthy choices, and also answers to questions, like: Is juice healthy? It also find more than 25 seeds And so much more! and approaches for encouraging picky eaters. answers to your biggest nourishment questions; It find 101 full profiles about foods such as: Sugars snap peas Zucchini Sweet potato Papaya Pomegranate Dates Farro Lentils Sunflower Does my child need a multivitamin? It's not used to you, or a single you love and want to get the children excited about, and let the , fast and simple recipes you may make as a family, from Beet & Berry Smoothies to Cauliflower Nuggets and Crimson Lentil Snack Cookies. Keep this colourful, easy-to-skim information in your kitchen to seize again and again. ideal for childhood nutrition? Along with all that, you'll fun begin!



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" (I wish every mother or father would read the answer to that certain and stop serving these as a veggie replacement unit to kids! Plenty of pictures, which I like in a cookbook.). With gorgeous photography and an easy-to-go through two-pager on each meals, Sally offers fresh new information on familiar foods, while demystifying the much less familiar ones, like kefir and hemp seeds. It's full of great recipes, preparation tips, and useful tips -- and honestly will be an excellent resource even for adults without children! Love this book! I bought this publication hoping it might be filled with helpful recipes to help me convince my toddlers to eat more veggies and various other healthy foods. Filled with helpful, credible information. If you already know that fruits, vegetables and grains are healthful for your kids, I wouldn't suggest this book. Otherwise, if you have completely no idea what is healthy when you walk into a supermarket, then definitely purchase this guide. Wonderful and informative I love this informative publication. And she's realistic! This book isn't filled with recipes (in the event that's what you're looking for) but it's full of info on the 101 healthiest foods (as title says). Great tool for any parents kitchen. All parents need Truly love this author and her professional insight in to the world of food. Gives me great suggestions on how to present food in different methods for my picky toddler. A fantastic way to teach kids about the foods they need to eat The 101 Healthiest Foods for Kids is a fantastic resource for parents in addition to a great way to teach children on the foods they need to be eating. Exceptional! I was hoping generally there would be more recipes, therefore i am a little bit disappointed due to that. Informative Book This is such an excellent, informative read. Really helpful tips. Additionally, there are some recipes dispersed through the entire book, but take note this is not a cookbook. I've always been a enthusiast of Sally Kuzemchak, who often brings warmth and humor to assisting parents feed their kids more healthfully, without judgment or hype. Where will be the recipes? Sadly, it's similar to an encyclopedia of healthy foods with a small amount of random recipes sprinkled throughout. Love that it's compiled by a dietitian. Beautiful book, few recipes This is a gorgeous book. I have been a lover of Sally Kuzemchak's keep-it-real nutrition advice for parents for many years and in this publication she does a great work of concisely explaining the advantages of foods in every food groups. Through the entire publication there are tips about how to prepare food items, "Good to Know" factual statements about foods, "CHECK IT OUT" Tips to help parents expose these foods with their kids, and Q&A for some frequently asked nutrition-related queries want "Are veggie chips a healthy snack? I love this book! This book perfectly reflects those qualities, acquiring parents on a guided tour of 101 healthy foods, some of which they may never have considered providing their kids, and maybe even tried themselves. Good book Good book. (Sally has a lot of quality recipes on her Real Mom Nutrition internet site though!) I cannot wait to go through this book with my twin young ladies and plan on using this as a resource for a long time. Fun, fact-based, and practical! The photos are excellent, the info is super. I love how Sally explains the science behind foods and shares tips for preparation of the nutrient-dense foods. She's a no-nonsense and fun method in dishing out food facts too! As a mom and dietitian I observe this reserve as a mother or father and teacher guidebook when working with kids. Her dishes are spot on!



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