

**Be the Leanest, Fittest Family on the Block!**

**EAT  
THIS**

Thousands of simple  
food swaps that can save  
your child from obesity!



SpaghettiOs  
Original

180 calories  
1 g fat

Save 230  
calories and  
18 grams  
of fat!

**FOR  
KIDS!**

Kraft  
Macaroni  
& Cheese  
Dinner

410 calories  
18 g fat

**Macaroni  
& Cheese**

1 cup Cheddar



**NOT  
THAT!**

BY DAVID ZINCZENKO  
WITH MATT GOULDING

David Zinczenko

Eat This Not That! for Kids!: Be the Leanest, Fittest Family on the Block!



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Eat This Not That!: Become the Leanest, Fittest Family members on the Block! for Kids!



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A must go through for every parent This is definately a must read for each and every parent. A couple of years ago I converted my home to a almost no trans unwanted fat and partially hydrogenized living place. For children (and myself) the photos make it more interesting. I highly recommend this publication to parents. Way too many people think "diet" to be healthful when all they have to do is browse the ingredients to observe how much sugar is pounded into processed and canned goods. While I'm not perfect (I had a Crimson Robbin burger the other day!) I really do think its very important to us, and by us I mean Americans, to realize that our society can be heavier than it must be and it starts at home with our children and what they learn. It clarifies alot about how to read labels as well - some really easy switches that will decrease the fat and sugars intake your kids are eating. Its well worth the few bucks on the entire collection, which I continue my counter for each and every day easy access. Love this book I bought this publication for a friend with a picky spouse (he eats mostly frozen foods) and a picky boy and I saw a substantial amount of helpful equipment for myself when We looked through it just before giving it to her. If you are not a label reader- this breaks it down very simply and even teaches you pictures of (brands and brands) products that you may be using today, and then shows you some alternatives that are very much healthier- and why- so you can make better choices. My 3 year old is in a "I don't want to consume anything" phase, therefore sometimes I really REALLY need suggestions and concepts of what he might choose, and the books help. You'll be surprised at everything you THINK is healthful and what REALLY isn't! This is not a "diet" book- but it will help you make some simple changes that are more nutritional and not just a waste materials of empty calorie consumption." These little books need to be used just like a reference book and stay handy on your own book shelf. "Know what you are investing in your mouth. Being good grandparents all of us were only too happy to obtain this . What I really like most concerning this book is that it's well illustrated Four Stars Sent as something special and there was an enormous price sticker over the front side. David said one thing that may sense if you ask me. His presentation was eyesight opening. Heathy eating I saw the author to the series of books about The Bonnie Hunt Show. It is no wonder folks are packing on the pounds when we are consuming mega calories without understanding it. A genuine good read. In case you are at all aware from what is going on to people and fat issues in present time, these books will describe why. Great buy your money can buy Plenty of food options Must have Very useful book.. Our grandson age group 8 was reading the regular Eat This, Not That when he discovered the kids version which he immediately put on his Christmas list. He reads it often and lives because of it. Being good grandparents we were only too happy to understand this for him. every family should have this! She enjoys it because she can easily choose other options on her behalf son that are much like his favorites and it offers her husband and understanding of why he should and shouldn't eat certain points. Great informative book Great publication. Wow I thought I was eating healty Encouragine children to consume healthy Our family purchased this reserve at a companion to the adult 'Eat This, Not That'. It really is a great way to motivate our daughters to eat healthier, and to teach them how to eat healthier. Both of our girls have gone through this book, and have used it when coming up with choices at restaurants, and when assisting us grocery shop. One does not need to "diet", just make better choices. Who wants to simply sit and examine lists? With a family group history of breast cancer and cardiovascular disease, I experienced it important to keep my two boys (ages 3 and 1) as healthful as possible. I cannot say enough about this reserve. This is in no way a 'diet' book; it just shows diet information that is necessary in making wise choices. The group of books (Eat this not really that) are excellent for both people like me who perform infact read every darn

label and limit processed foods and for your everyday McDonald's supporting family. In case you are like us and eat out often, it certainly helps to know exactly what to order. Great to know This covers a ton of comparisons, and gives you great substitutions. Instead of being frustrated in what to REALLY eat, this gives you reasonable substitutions to enable you to eat a more healthy meal as well as your kids can too. It's amazing how you can obtain tricked by the titles of food combos and make some really bad choices. Really a must for every mother or father and or grandparent who are responsible for feeding young (rather than so young) children meals while on the go.. Learned a lot. I'm very wellness conscience and I was appalled to discover many of the items I was taking in are laden with calories, fat, glucose and salt. Five Stars good reading Two Stars Waste of time Five Stars Worked as advertised.



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