

PICKY EATING SOLUTIONS

Bringing the Joy of Real Food Back to the Table



Betsy Hicks

*with contributions from
Pediatrician John Hicks, MD*

Betsy Hicks and
Picky Eating Solutions



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Finally! Picky eating solutions that really work! Betsy Hicks provides a unique, holistic perspective to the subject of picky eating, also to the broader challenge of teaching kids to eat well for a lifetime. I appreciate all parents to learn this outstanding resource, not just people that have picky eaters. My own private story with her autistic child Joey is testimony to the transformational power of healthy feeding on. Picky Eating Solutions gives parents what they want the most: solid education, practical tips and encouragement, and easy, creative solutions they are able to use everyday to provide the joy of real food back to the desk. It's an easy task to comprehend. The book is wonderful, chock filled with great tips, sound advice, and written with the ideal blend of patience, encouragement, humor and kindness. It gives parents the tools they have to prevent or reverse picky consuming, while encouraging kids to love and value healthy and nourishing foods. "All technical material is presented in a apparent and concise way that," Marcey Shapiro, MD Betsy" I'



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concise with lots of helpful information. It really is filled with wonderful advice, true to life scenarios, and info on making little, non-overwhelming changes, tips about what utensils and cookware to have got on hand and how to stock your kitchen. It really is for anyone seeking to sneak healthy foods to their family's diet plan (or their very own)! Recommend. That's exactly what this book will help you do. This book is approximately getting back to the fundamentals of healthy eating, and ways of get your picky eaters to try new foods (even if they are already teenagers)! Our whole family, grandparents, parents etc such as this book. It is possible to read it in just a time or two, and start to create small changes which can make a big effect on the health of your family. It isn't "Food, Inc." frightening. The sub-name is: Bringing the Joy of Real Food Back to the Table. With today's occupied lifestyles everyone must be more aware of what we have been putting into our bodies. I thought I currently knew a whole lot, but I learned so very much from Picky Eating Solutions, and implemented some of the "solutions" before I also finished the book. Pinky swear. Loved it! A Must Read For EVERYONE I found this book to be super easy reading, packed full of wonderful information and may really relate to Betsy's various tales. Betsy Hicks' writing is so engaging, reading her book is like sitting down and chatting with a good (non-judgemental) friend. This publication teaches you how to make better options and gives helpful tips for teaching kids to experiment with various food choices. Not only a really helpful, informative publication but a essential tool for parents trying to boost the fitness of their family. The book is written from experience which comes across in the caring and non-patronizing way the info, facts and suggestions are presented. I would suggest this book to anyone who knows that its time to change and enhance the diet of their family members. Great, practical tips for picky eaters (of any age!) This book isn't just for parents of picky eaters. Crystal clear & Betsy Hicks' composing style is conversational and an easy task to follow, causing this to be book a pleasure to read and very useful.



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