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## American Academy of Pediatrics Guide to Your Child's Nutrition: Making Peace at the Table and Building Healthy Eating Habits for Life

By Pediatrics Amer Academy

Villard, 1999. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: FROM THE FOREMOST AUTHORITY ON CHILDREN'S HEALTH -- A COMPREHENSIVE GUIDE TO MAKING PEACE AT THE TABLE, FEEDING YOUR BABY, AND CREATING HEALTHY EATING HABITS FOR THE WHOLE FAMILY The American Academy of Pediatrics knows that the real challenge for parents isn't being aware of what to feed kids -- it's getting children to actually eat those foods. From the preeminent organization in the field, the Guide to Your Child's Nutrition is a source of reassuring advice to help parents raise healthy children. Beyond simple guidelines describing the dietary needs of children from birth through adolescence, the Academy gives tips on: -- choosing what's best for your newborn-- introducing solid foods-- feeding toddlers and picky eaters-- reducing fat and salt for children of any age-- keeping adolescents eating well-- identifying allergies in children The AAP Guide to Your Child's Nutrition uses a two-color format to make its information easy to use and quick to find. Sidebars offer low-fat snacks and menus, help for allergy sufferers, and a plethora of suggestions to make mealtimes easier and healthier for everyone.



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