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Eating Well

A Family How-To Guide for Healthy, Balancef Meals

Author: Dalila Comte (Text)

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Category : Practical Books

Genres : Well-Being/Self-Help - Lifestyle

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A digest of tips and tricks on a hot topic, written by an expert. Clear and practical!

The nutritional needs of children and teens change quickly depending on development, health, lifestyle, and culture. As parents, we know that one of our biggest tasks is to teach kids healthy eating habits that will serve them throughout their lives.

This book sheds light on ideas about nutrition and the importance of a balanced diet according to age, along with its benefits, pitfalls to avoid. Countless effective, tried-and-true tips round out these 10 key habits to adopt as a family for a balanced, healthy diet that meets everyone's needs.
