



Feeding Your Child for Lifelong Health: Birth Through Age Six (Paperback)

By Susan B. Roberts, Melvin B. Heyman, Lisa Tracy

Bantam Doubleday Dell Publishing Group Inc, United States, 2003. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.How the new science of metabolic programming can help you: Maximize your baby's IQ and development Prevent allergies and obesity Prevent or cure picky eating Teach your child to enjoy healthy foods Protect against family health problems AND make mealtimes a pleasure for you and your child! In this groundbreaking book, two leading pediatric nutritionists--and experienced parents!--introduce exciting new research into metabolic programming and make it accessible and practical for every busy parent. They explain: How the foods you choose can optimize your baby's future development, IQ, bone strength, and immunity The eight key nutrients to focus on Scientifically based smart strategies for working with your child's inborn instincts to build healthy eating habits Food solutions for common problems--including colic, constipation, poor sleep, and hyperactivity How to prevent or deal with food allergies or obesity Easy ways to adapt family meals for kids--with menus and portion sizes for every stage from birth through age six, plus essential tips for food safety What's more, you can teach your child to enjoy these healthy foods and...



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