



Healthy Eating for Life for Children

Physicians Committee for Responsible Medicine

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Nourish Your Child for Optimum health and well-being

All parents want to do the very best for the long-term health and well-being of their children, and nutrition plays a major role in that process. This book shows you where to start. Drawing on the latest medical and dietary research, *Healthy Eating for Life for Children* presents a complete and sensible plant-based nutrition program that can help you promote and maintain excellent health and good eating habits for your children throughout their lives.

Covering all stages of childhood from birth through adolescence, this book provides detailed nutritional guidelines that have been carefully drafted by an expert panel of Physicians Committee doctors and nutritionists, along with 91 delicious, easy-to-make recipes to help you put these healthy eating principles to work right away. *Healthy Eating for Life for Children* contains important information on:

- * Eating for two-nutrition in pregnancy
- * Worry-free breast-feeding and bottle-feeding options
- * Nutrition for hyperactivity and attention problems
- * Eating disorders and body image issues
- * Achieving healthy weight and fitness levels
- * Healthy eating for young athletes
- * And more

Whether you are a new or experienced parent, this book will give you the crucial knowledge you need to take charge of your child's diet and health.

Also available:

Healthy Eating for Life to Prevent and Treat Cancer (0-471-43597-X)

Healthy Eating for Life to Prevent and Treat Diabetes (0-471-43598-8)

Healthy Eating for Life for Women (0-471-43596-1)

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