



Nourish and Flourish: Kid-Tested and Approved Tips and Recipes to Prevent Diabetes

Nancy L. Heinrich MPH

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This book is for parents who ask, "I'm concerned about my child's weight but what can I do?", "What can I do to help my kids get eat better?" or "How do I help my kids so they don't get diabetes like I have?" Parents, including all the moms and dads already diagnosed with diabetes, want to know how to get their kids - and themselves - on the road to better eating. How do you steer kids away from the addictive sodas and McNuggets that pack on the extra pounds? How do you get more fruits and vegetables into your kids' daily foods? Learn with these kid-tested, easy, and economical recipes with your kids. The lesson in Nourish and Flourish is that once you know what to do, it's easy. The tips in Nourish and Flourish teach you how to make small changes to prevent obesity-related diseases like diabetes, high blood pressure and joint diseases. Families with diabetes love this book because it is easy to read and contains great shopping lists. Pediatricians love this book for its clear and concise educational tips and from-the-heart messages. Teachers can incorporate tips into their math, physical education, and healthy nutrition lessons. The response to Growing Healthy Kids' educational programs created the demand from parents for a book that can be used at home and school to build confidence and knowledge about making choices about to eat. This book is for parents of all ages. Follow our Growing Healthy Kids adventure and together we can improve the health - and lives - of America's children, one child at a time.

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Exactly why? Because this Nourish and Flourish: Kid-Tested and Approved Tips and Recipes to Prevent Diabetes is an unordinary book that the inside of the book waiting for you to snap the item but latter it will zap you with the secret this inside. Reading this book close to it was fantastic author who all write the book in such remarkable way makes the content on the inside easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you for not hesitating having this any more or you going to regret it. This excellent book will give you a lot of rewards than the other book get such as help improving your skill and your critical thinking means. So , still want to hold off having that book? If I ended up you I will go to the book store hurriedly.

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