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## Our Kid Eats Everything!

By Neelanjana Singh

Hachette India, New Delhi, 2014. Paper back. Book Condition: New. 288pp. Eating right made fun and easy for parents and kids! Are mealtimes a perpetual battleground in your family? Do you constantly worry about your child's nutrition and growth, the effects of junk-food overdose and a gadget-centric lifestyle, and the true value of expensive superfoods, while your child continues to be resolutely resistant to what you serve on the table? Our Kid Eats Everything! is your answer to making mealtimes tussle-free, tasty and, most of all, healthy. Within these pages you'll find invaluable information and smart tips on: \* which foods your child actually needs to grow; \* shopping right, reading food labels and outsmarting junk; \* nutrition-oriented prevention and cures for common childhood diseases; \* age-appropriate weekly menus, including snacks, tiffin and the Exam Diet; PLUS! 75 child-tested recipes that turn 'yuck' to 'yum' and the 20/20 plan to make kids really enjoy what they're eating. Whether your kid is a toddler or a teen, a finicky eater or a junk-food junkie, this enlightening guide by leading nutritionist Neelanjana Singh will help you to make your child a good eater for life.



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