



Raising Healthy Eaters: 100 Tips For Parents

Henry Legere

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One of the most important steps that parents can take to prevent childhood obesity or simply to get their children to a healthier weight is to teach them good eating habits. Establishing such habits at an early age will contribute to lifelong health. Indeed, when kids learn that a snack should be an apple or carrots instead of chips or a candy bar—a deceptively difficult lesson to teach—they are better equipped to resist the temptation of junk food on a regular basis. In *Raising Healthy Eaters*, Dr. Legere offers 100 easy-to-follow and easy-to-implement tips for parents of children of all ages and eating preferences. He includes healthy, quick recipes that kids will actually like, as well as specific suggestions for parents who want to serve only organic foods or whose children have allergies or aversions. *Raising Healthy Eaters* is the essential resource for parents working to raise healthy kids in a fast-food world.

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