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| Autore | Eden Alvin |
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| Altri autori (Persone) | GreavesSari |
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| Nota di contenuto | Intro -- Title Page -- Copyright -- Contents -- Introduction -- A Note from the Author -- Part I: Toddlers (1-3 Years) -- Chapter 1: Overview -- Chapter 2: The Genetics of Childhood Obesity -- Chapter 3: What Will Change When My Baby Becomes a Toddler? -- Chapter 4: Sugar, Juice, and Milk -- Chapter 5: Foods -- Chapter 6: Tasty and Nutritious Meal Plans -- Chapter 7: Physical Activities for Toddlers -- Part II: Preschoolers (3-5 Years) -- Chapter 8: Overview -- Chapter 9: Fat-Proofing -- Chapter 10: Television and Sleep -- Chapter 11: Family Meals and Snacks -- Chapter 12: Physical Activities for Preschoolers -- Part III: Meal Plans for Toddlers and Preschoolers -- Toddler Meal Plan (Ages 1-3 years) -- Breakfast Recipes -- Lunch Recipes -- Dinner Recipes -- Nutritious Nibbles for Toddlers -- Preschooler Meal Plan (Ages 3-5 years) -- Breakfast Recipes -- Lunch Recipes -- Dinner Recipes -- Nutritious Nibbles for Preschoolers -- Quick Tips to Lighten Up Meals -- Final Words -- Appendix: BMI Charts for Boys and Girls (Ages 2-20). |
| Sommario/riassunto | Obesity Prevention for Children by Dr. Alvin Eden addresses the growing concern of childhood obesity and provides practical guidance for parents and caregivers. Drawing on over 40 years of pediatric experience, Dr. Eden offers insights into the causes of early childhood |

obesity and emphasizes prevention through nutrition and exercise. The book includes real-life anecdotes, meal plans, and physical activity suggestions for toddlers and preschoolers. Dr. Eden stresses the importance of early intervention to prevent long-term health issues associated with obesity. The book targets parents, grandparents, and professionals involved in child care, offering a combination of scientific research and accessible advice to combat the obesity epidemic.
