

1. Record Nr.	UNINA9910151585803321
Autore	Greaves Sari
Titolo	Cooking Well Healthy Kids : Over 100 Recipes to Please Little Taste Buds
Pubbl/distr/stampa	Long Island City : , : Hatherleigh Press, , 2016 ©2016
ISBN	9781578266562 1578266564
Descrizione fisica	1 online resource (112 pages)
Altri autori (Persone)	PorterThomas
Soggetti	Cooking for children Toddlers
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Title Page -- Copyright -- Contents -- Dedication -- Acknowledgements -- Foreword -- Introduction -- Part I: Nutrition for Healthy Toddlers -- Chapter 1: Building a Balanced Diet -- Chapter 2: Turning Picky into Pleasant Eaters -- Part II: Easy Recipes for Happy Toddlers -- Chapter 3: Grains to Grow On -- Chapter 4: Pack in the Produce -- Chapter 5: Protein Power -- Chapter 6: Bone Builders -- Chapter 7: Toddler Menus and Nutritious Nibbles -- Chapter 8: Quick Tips to Lighten Up Meals -- Part III: Additional Resources -- Appendix A: Cooking Whole Grains -- Appendix B: Parent Guide to Picking Produce -- Appendix C: MyPlate Daily Checklists -- References -- Recipe Index
Sommario/riassunto	Cooking Well Healthy Kids: Easy Meals for Happy Toddlers by Sari Greaves offers practical guidance for parents aiming to foster healthy eating habits in their young children. The book provides a balanced approach to toddler nutrition, emphasizing whole grains, fruits, vegetables, and lean proteins. It includes recipes that are easy to prepare and designed to appeal to toddlers' tastes, with the goal of making mealtimes enjoyable and stress-free. The book is intended for parents who are navigating the challenges of feeding toddlers and seeks to alleviate parental anxiety by offering strategies to encourage

varied and nutritious diets. With insights from a registered dietitian, this resource supports the development of lifelong healthy eating patterns.

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