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Autore	Neumark-Sztainer Dianne
Titolo	I'm, Like, SO Fat! [[electronic resource]] : Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World
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Nota di contenuto	CONTENTS; Acknowledgments; ""What are we up against ... and how did we get here, anyway?""; 1 If It's Not One Thing, It's Another: Dealing with a Spectrum of Weight-Related Problems; 2 Our Susceptible Teens: What We Know about Causes and Contributing Factors; ""How can we protect our teens when society pushes fat but promotes thin?""; 3 Parents Matter (a Lot); 4 Friends, Fashions, and Fads; 5 Physical Activity: A Big Part of the Answer in Moderation; 6 The Great Diet Debate; 7 The Four Cornerstones of Healthy Weight and Body Image; ""What and how much should teenagers eat?"" 8 "I Know How to Diet I Just Don't Know How to Eat": What Teens Needs to Know about Nutrition 9 Portion Control and Calorie Counting: Teaching Teens to Pay Attention without Obsessing; 10 Vegetarianism: Doing It Right-for Your Teen and Your Family; ""How can we make a difference at home ... and away?""; 11 Family Meals in a Fast-Food World; 12 Eating Out-When Cooking Just Isn't Going to Happen; 13 Fluent in the F Words: Talking with Teens about Food, Fat, and Other Touchy Topics; ""What can we do when problems come up?""; 14 Helping Your Overweight Teen Be Healthy and Happy 15 How to Spot the Signs of an Eating Disorder and What You Can Do

Sommario/riassunto

Shows parents how to strike the difficult balance between bolstering self-esteem and offering constructive advice. This book provides science-based, practical ideas for instilling healthy eating and exercise habits, educating teens about nutrition and portion size, and talking about body image.