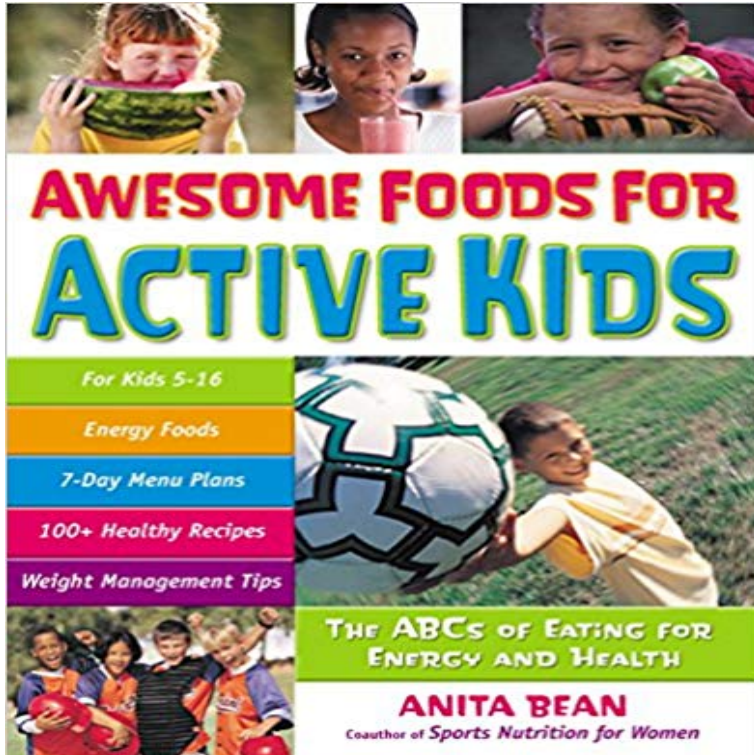


# Awesome Foods for Active Kids: The ABCs of Eating for Energy and Health



Improving a child's diet can improve mood, health, and concentration, helping even the most energetic child get the most out of life and do his or her best in sports or other activities. *Awesome Foods for Active Kids* contains all the information and suggestions needed to ensure any active child from five to 16 is getting a healthy diet. Author Anita Bean explains the basics of nutrition, with notes on how to easily incorporate optimal nutrients into the diet. Tables and charts show how much of each nutrient children need, and where they can get it from. There are notes throughout on what youngsters will need if they are particularly active. Monthly menu plans are included, both vegetarian and non-vegetarian, plus a list of healthy after-school snacks, lunchbox treats, and after-sport snacks. Separate chapters cover overweight children, children in sports, fussy eaters, and eating at school, making this a book useful for every parent.

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