



## Secrets of Feeding a Healthy Family: How to Eat, How to Raise Good Eaters, How to Cook (2nd)

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By Ellyn Satter

Kelcy Press. Paperback / softback. Book Condition: new. BRAND NEW, Secrets of Feeding a Healthy Family: How to Eat, How to Raise Good Eaters, How to Cook (2nd), Ellyn Satter, An internationally recognized authority on eating and feeding, Ellen Satter is a registered dietitian and board certified diplomat in clinical social work. For the first time in book form, "Secrets of Feeding a Healthy Family outlines her unconventional and remarkably effective eating advice for adults. More a cooking primer than a cookbook, Satter's simple and delicious recipes provide a backdrop for cooking lessons, fast tips, night-before suggestions, in-depth background information, ways to involve kids in the kitchen and guidelines on adapting menus for young children. Satter cites the studies to build a convincing case that we can lighten up on fat and sodium restriction without endangering ourselves or our children, while emphasizing her well-known division of responsibility in feeding -- parents are responsible for the what, when and where of feeding, and children are responsible for the how much and whether of eating.



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