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Brain Foods for Kids: Over 100 Recipes to Boost Your Child s Intelligence (Paperback)

By Nicola Graimes

Random House USA Inc, United States, 2005. Paperback. Book Condition: New. Delta Trade Pbk.. 198 x 196 mm. Language: English . Brand New Book. After writing several award-winning health and nutrition titles that have had great success in the UK, Nicola Graimes makes her debut in the US market with the first book to focus on children and brain power and the foods that truly can improve intelligence and those that can hinder it. With her exciting positive twist on the link between the food that children eat and their mental development, Graimes offers parents new ways and reasons to give their children (from pregnancy through primary school) and the essential foods and nutrients they require. BRAIN FOODS FOR KIDS includes: - A clear and easy-to-follow introduction to the principles of good childhood nutrition and information on all the latest science on brain-boosting foods -Practical, kid-tested advice on incorporating the essential foods into a child-friendly diet - Special brain-box features to explain the health-giving, mind-boosting properties of each of the featured dishes -Teaches how to recognize foods containing additives and pesticides, and how to choose healthy, nutritious ingredients -Advice on using diet to control and avoid behavioral problems such as ADHD Graimes...



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Reviews

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