



The Food Nanny: The 10 Food Rules to Prevent a Frighteningly Fat Future for Your Kids

By Anna Burns

Gill Macmillan Ltd, Ireland, 2012. Paperback. Book Condition: New. 214 x 136 mm. Language: English . Brand New Book. eBook available Do you find yourself constantly bombarded with requests for sweets, treats and snacks by your kids? Is the supermarket a battleground every time? Do your kids spend a lot more time indoors watching TV than you would have been allowed as a child? Would you love to see them eat more vegetables and make it through a movie without consuming the caloric allowance of a small elephant? Then you need The Food Nanny. You need to take charge of your child s nutrition today. Parents, it s time we faced the truth: our kids are getting fat. This is not a good thing. This is the result of overindulgence and it s up to you to do better. Straight-talking, witty, but brutally honest The Food Nanny will give you the only rules you ll ever need to teach your children to be happy, healthy eaters, fitter, active and full of beans. * Enjoy happy relaxed mealtimes * See them tuck into vegetables * Watch your kids thrive outdoors * Save serious money on your weekly shop And, more than...



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