Feeding Your Child for Lifelong Health: Birth Through Age Six

Susan Roberts, Melvin B. Heyman

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How the new science of "metabolic programming" can help you:

Maximize your baby's IQ and development

Prevent allergies and obesity

Prevent or cure picky eating

Teach your child to enjoy healthy foods

Protect against family health problems

AND make mealtimes a pleasure for you and your child!

In this groundbreaking book, two leading pediatric nutritionists--and experienced parents!--introduce exciting new research into "metabolic programming" and make it accessible and practical for every busy parent. They explain:

How the foods you choose can optimize your baby's future development, IQ bone strength, and immunity

The eight key nutrients to focus on

Scientifically based "smart strategies" for working with your child's inborn instincts to build healthy eating habits

Food solutions for common problems--including colic, constipation, poor sleep, and hyperactivity

How to prevent or deal with food allergies or obesity

Easy ways to adapt family meals for kids--with menus and portion sizes for every stage from birth through age six, plus essential tips for food safety

What's more, you can teach your child to enjoy these healthy foods and banish food battles and picky eating forever.

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