



## Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food

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By Jessica Seinfeld

HarperCollins Publishers Inc. Hardback. Book Condition: new. BRAND NEW, Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food, Jessica Seinfeld, It has become common knowledge that childhood obesity rates are increasing every year. But the rates continue to rise. And between busy work schedules and the inconvenient truth that kids simply refuse to eat vegetables and other healthy foods, how can average parents ensure their kids are getting the proper nutrition and avoiding bad eating habits? A mother of three, Jessica Seinfeld wages a personal war against sugars, packaged foods, and other nutritional saboteurs, she offers appetising alternatives for parents who find themselves succumbing to the fastest and easiest (and least healthy) choices available to them. With the help of a nutritionist and a professional chef, Seinfeld has developed a month's worth of meals for kids of all ages that includes, for example, pureed cauliflower in macaroni cheese, and cabbage in spaghetti and meatballs. She also provides revealing and humorous personal anecdotes, tear-out shopping guides to help parents zoom through the supermarket, and tips on how to deal with the kid that 'must have' the latest sugar bomb cereal.



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