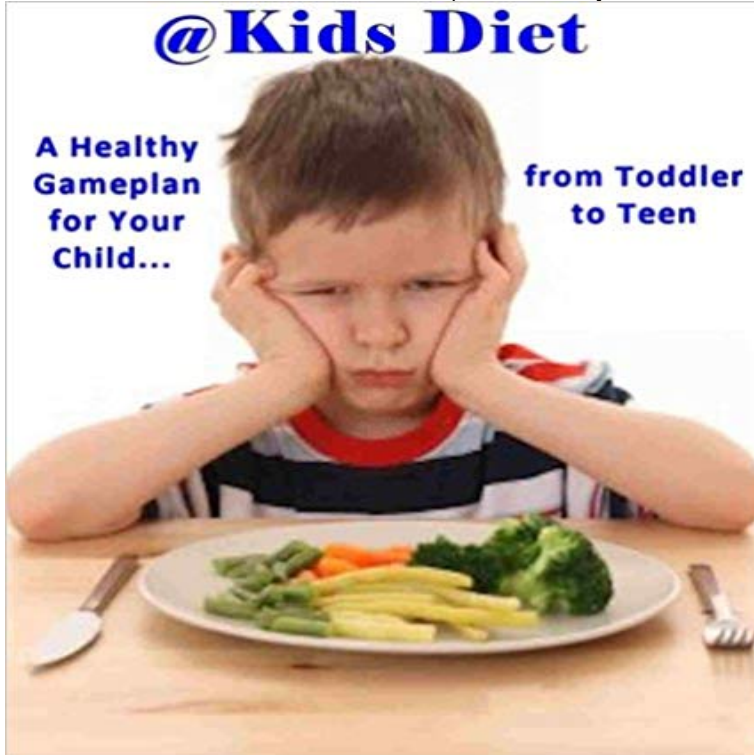


# @Kids Diet: A Healthy Gameplan for Your Child from Toddler to Teen



NOTICE: The price of this Kindle eBook will rise to \$6.99 soon. At one time or another most parents need help with a child's diet, nutrition or fitness. Few books address ALL of these issues together. This eBook unveils the @Kids Diet. Though the name is a take-off of the famous Atkins Diet, it is not associated with the Atkins Diet and, in fact, is not a true diet at all. Rather, the @Kids Diet is a healthy lifestyle, a gameplan, if you will, for you and your child to follow from toddler to teen-age. Topics include: Organic Baby Food: A Buying Guide, Cooking For Little Ones, How To Get Picky Eaters To Eat Healthy Foods, Junk Food, Is A Vegetarian Diet Safe For My Child? Obesity In Adolescents, Diabetes In Adolescents, Cholesterol In Adolescents, Yoga For Kids, Dieting For Children, Using Strength Training For Children, Children's Vitamins, Developing Healthy Eating Habits Amongst Kids, Support Your Teens Weight Loss Struggle, Adolescence And Weight Problems, Dealing With Fast Weight Loss Programs And Surgeries For Teenagers, The Involvement Of Schools In Teen Weight Loss, Great Backyard Snacks For Children. This eBook has been specially formatted for Kindle, and includes a table of contents with hyperlinks to each chapter, as a convenience to you, our valued customer.

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