



Better Food for Kids

Second Edition

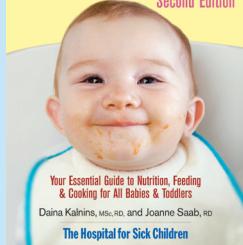
Your Essential Guide to Nutrition for All Children from Age 2 to 10

The best way to help children develop a positive relationship with food is to teach them good nutrition habits at an early age. And to do so, you need to set a good example by learning everything you can about nutrition, providing a nutrient-rich and delicious diet for your entire family and explaining the health benefits of various foods to your children. This new edition features updated, expanded and revised nutritional information, as well as advice on encouraging children to participate in choosing and preparing food. So provide your children with one of the best head starts you can give them — a healthy approach to eating.

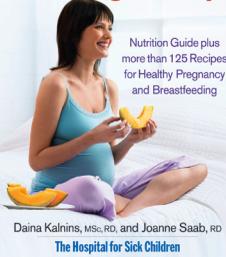
Featuring 200 delicious recipes, including 75 brand-new recipes, as well as updated and modified favorites that reflect today's guidelines for salt and sugar intake

By the same authors

Better Baby Food
Second Edition



Better Food for Pregnancy



SickKids®

THE HOSPITAL FOR SICK CHILDREN

The Hospital for Sick Children is acknowledged as one of the foremost children's hospitals in the world. Since 1875, it has been providing specialized care for infants, toddlers and all children up to 18 years of age. With an international reputation for treatment, research and education programs in all areas of children's health, the hospital's vision is *Healthier Children. A Better World.*

JOANNE SAAB, RD, is a registered dietitian who trained and worked at the Hospital for Sick Children. She continues to work in pediatric nutrition at a pediatric teaching hospital. Joanne is the mother of twins.

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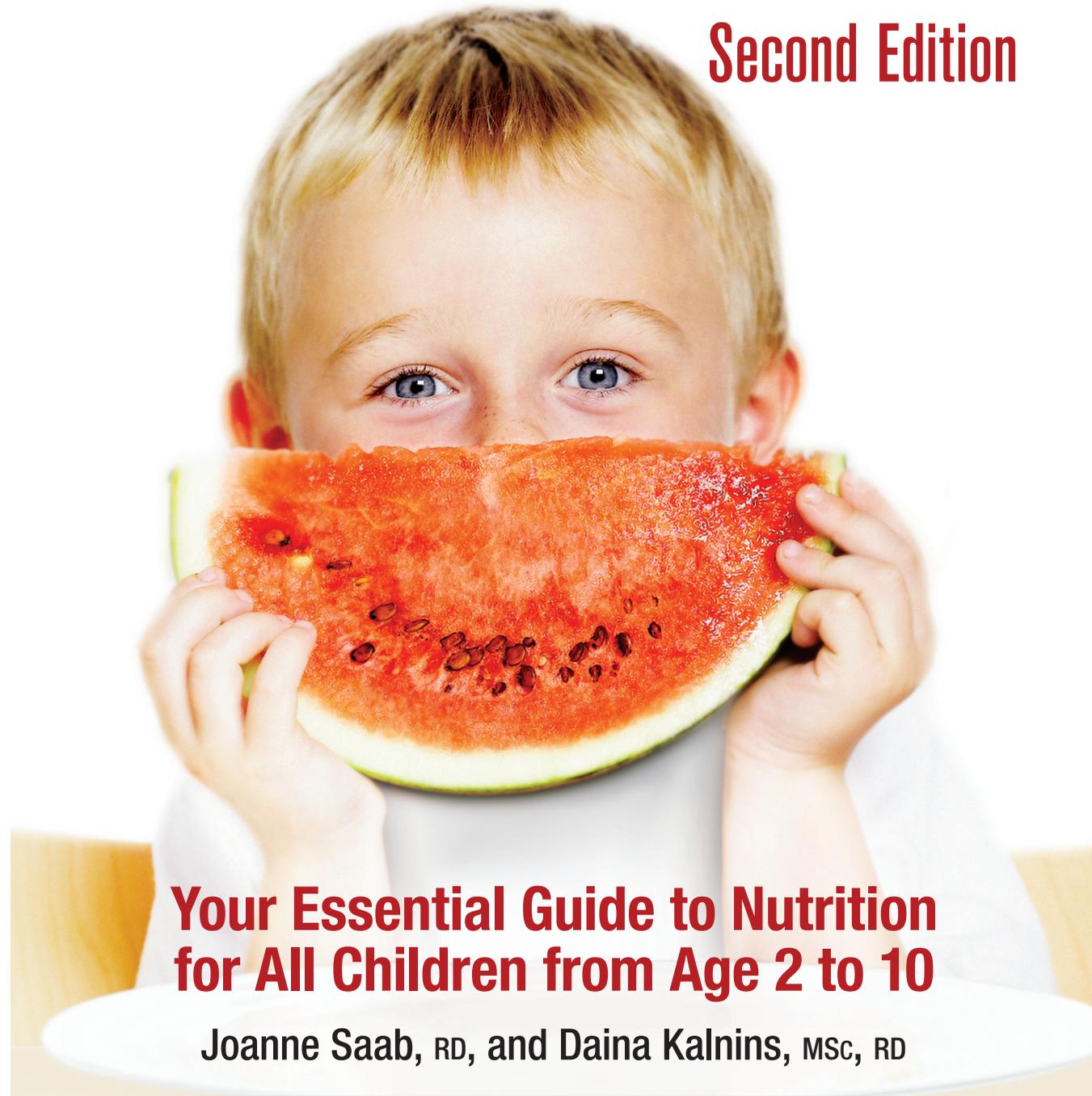
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