



Eating Well to Stay Well- If It Ain't in YA, It Ain't on YA (Paperback)

By Jean Gaffney

Mosaic Paradigm Group, LLC., United States, 2013. Paperback.

Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. How many times have you been into the market, made food purchases from the vast selections among canned, frozen, and sometimes fresh foods and wondered, How healthy is this food? or What in the world does this food label mean? Even more important, How can I be certain that my little picky-eaters get healthy foods to select from? To take that thought to another level, how about Just what kinds of snacks are really healthy for my children?

Registered Nurse Jean Gaffney answers those questions and many more in the little purse-treasure she created in her book. She explains that she wanted to create a pocket/purse sized book that would offer quick-referenced answers, while you shop! She has compiled data and converted it into what is plain and simple directions for healthy food choices, along with a few delicious recipes of her own. This little book serves as a guide in shopping for healthy foods and cooking deliciously as it also guides you toward the habit of maintaining a healthy lifestyle, whether at home or...



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