



# Take the Fight Out of Food: How to Prevent and Solve Your Child's Eating Probl

*Donna Fish*

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## **Take the Fight Out of Food: How to Prevent and Solve Your Child's Eating Problem** Donna Fish

*All foods are good.* That is the message of this commonsense book that helps parents speak to their kids about food and nutrition. It is a message that is long overdue, especially when you consider that 81 percent of ten-year-olds are afraid of being fat -- half are already dieting -- and twelve million American children are obese. There is a disease gripping our nation's children and it strikes early. *Take the Fight Out of Food* offers a cure.

This practical guide is filled with hands-on tools and in-depth advice for putting a stop to unhealthy eating habits before they begin. In *Take the Fight Out of Food* parents will learn how to:

- Understand their own "food legacy" and how it affects their children
- Keep their children connected to food in a positive way
- Talk to their kids about food and nutrition
- Recognize and deal with the six types of eaters --

including the Picky Eater, the Grazer, and the Beige Food Eater

With guidance, inspiration, and encouragement, this invaluable book helps parents to teach their children to eat for life in a positive and healthy family environment.

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