



Get Your Family Eating Right: A 30-day Plan for Teaching Your Kids Healthy Eating Habits for Life

Lynn Fredericks, Mercedes Sanchez

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Learn to Eat Healthy for Life—in Just 30 Days!

- Are you concerned about the amount of sugar, processed meals, and low-nutrient foods that you and your family consume each day?
- Has mealtime solely become about getting something (anything!) on the table and getting it done?
- Has family meal-planning become an overwhelming chore of trying to balance limited time, money, and different tastes?

If you answered yes to any of these questions then *Get Your Family Eating Right!* can help you reclaim family mealtime. Studies are clear. Poor nutrition sets your children up for conditions like obesity, diabetes, and other illnesses as well as poor performance in school and activities. Families that consistently share nourishing meals together are healthier and happier. You can cook a healthy dinner but how do you ensure that healthy eating becomes a regular practice for you and your family and not something that ends when you get up from the table?

Based on the award-winning program used in New York City public schools, *30 Days to Get Your Family Eating Right* gives day-by-day nutritional advice, recipes, and meal concepts that are adaptable for everyone in the family--from young children to adults. Broken down into strategies such as “Prioritize Whole Food Snacks,” and “Eat All Your Colors,” and “Plan Meals Around Seasonal Foods” you and your children get healthy eating lessons that can be used to make smarter food choices at home, work, and school—today and for life. Eating better is doable and it isn’t complicated, expensive, or time-consuming. Family nutrition pioneers Lynn Fredericks and Mercedes Sanchez give delicious recipes such as Quinoa Breakfast Cereal, Scandinavian Barley Salad with Apples and White Bean and Chorizo Spanish Stew that let you put the strategies into practice tonight, get the kids cooking with you, and your family eating better effortlessly.

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