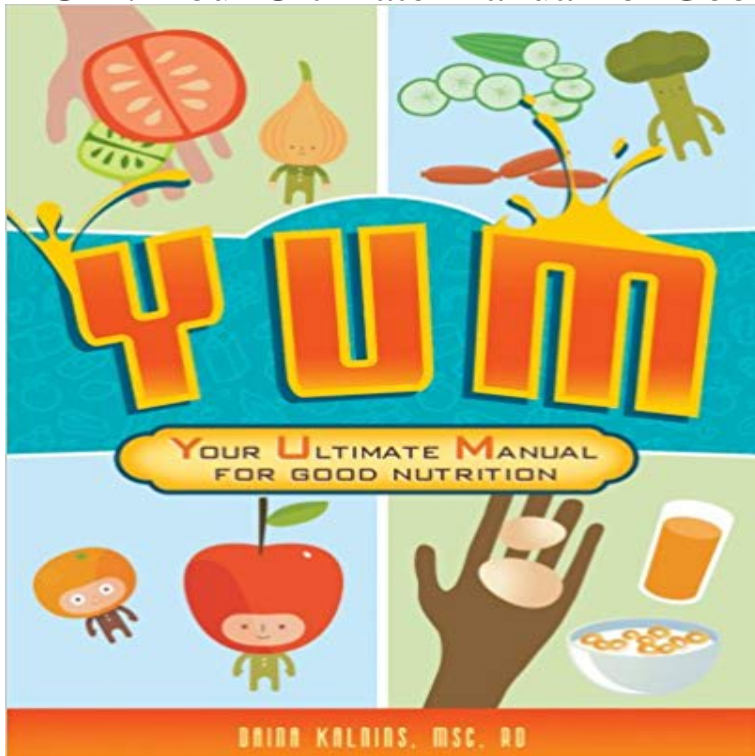


YUM: Your Ultimate Manual for Good Nutrition



(ages 9 - 12) Lots of kids are trying to get on the road to good nutrition, or are being encouraged to do so. Chances are they've gotten advice from teachers, parents, doctors, and the media. But how can they use those suggestions to create a plan of action that makes sense for them and their lifestyle? It's time to get real, leave (most of) the junk in the dust, grab the next exit, and let YUM: Your Ultimate Manual for Good Nutrition move readers into the right lane. This guide to healthy eating will help kids get food-label-literate and figure out how to choose the best foods every day. They'll discover delicious recipes and healthy snack ideas from kids who already make nutrition part of their lives. The author encourages kids to set realistic goals for themselves, and to help parents make meal plans and grocery lists, so that the whole family can get on board with nutrition. We even hear from celebrities dishing on how they eat right. This kid-friendly guide helps young people make smart food choices every day. Features recipes, meal plans, tips on nutrition from kids in their own words, fun food facts, a foreword by Paul Finkelstein, host of the Food Network Canada series, Fink, and quotes from celebrities including Mia Hamm, America Ferrara, Zac Efron, and Heather Locklear.

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