

The 7 Principles Of Fat Burning Get Healthy

Lose

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one in seven american children is either overweight or obese more than 10 million american children are overweight or obese and the numbers are growing kids are consuming too many calories eating too much fast food and not getting enough exercise such oversized kids are at risk for the early onset of adult diseases such as diabetes hypertension high cholesterol and even strokes get a healthy weight for your child is designed to help parents prevent and treat childhood obesity using the best medical and scientific methods rather than potentially dangerous fad diets and exercise routines this book will help parents to recognize if their child is overweight realize the medical consequences of being overweight understand the social behavioral and biological causes of being overweight improve both their child s and family s eating habits nutrition and overall physical fitness the book features practical treatment and prevention with hands on exercises and informative charts for the stages of diagnosing overweight problems treatment options parental support and encouragement a step by step recovery map helpful suggestions for family members teachers coaches and friends

the medically established weight loss program with a proven 98 success rate dr jepson one of britain s leading medical authorities on eating disorders says if you want to lose weight and keep it off then the foods you love whether they be chocolate cake fries or cookies are exactly what you should be eating

the new edition of the ada s flagship food and nutrition guide updated based on the very latest dietary guidelines for americans with over 200 000 copies sold in all editions this award winning resource from the world s leading authority on food and nutrition is packed with the latest healthy eating advice for those at every age and stage of life in this completely revised and updated new edition you ll find up to date evidence based practical answers for your many food and nutrition questions this cornerstone guide from the american dietetic association written by nationally recognized food and nutrition expert and registered dietitian roberta duyff covers the basics on nutrition managing weight and healthy eating it also provides easy steps and how tos for selecting preparing and storing foods safely to get the most nutrition and flavor for your dollar and more comprehensive accessible and easy to use this valuable reference shows how to make healthy food choices to fit any lifestyle how to put the the very latest dietary guidelines for americans on food choices and physical

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