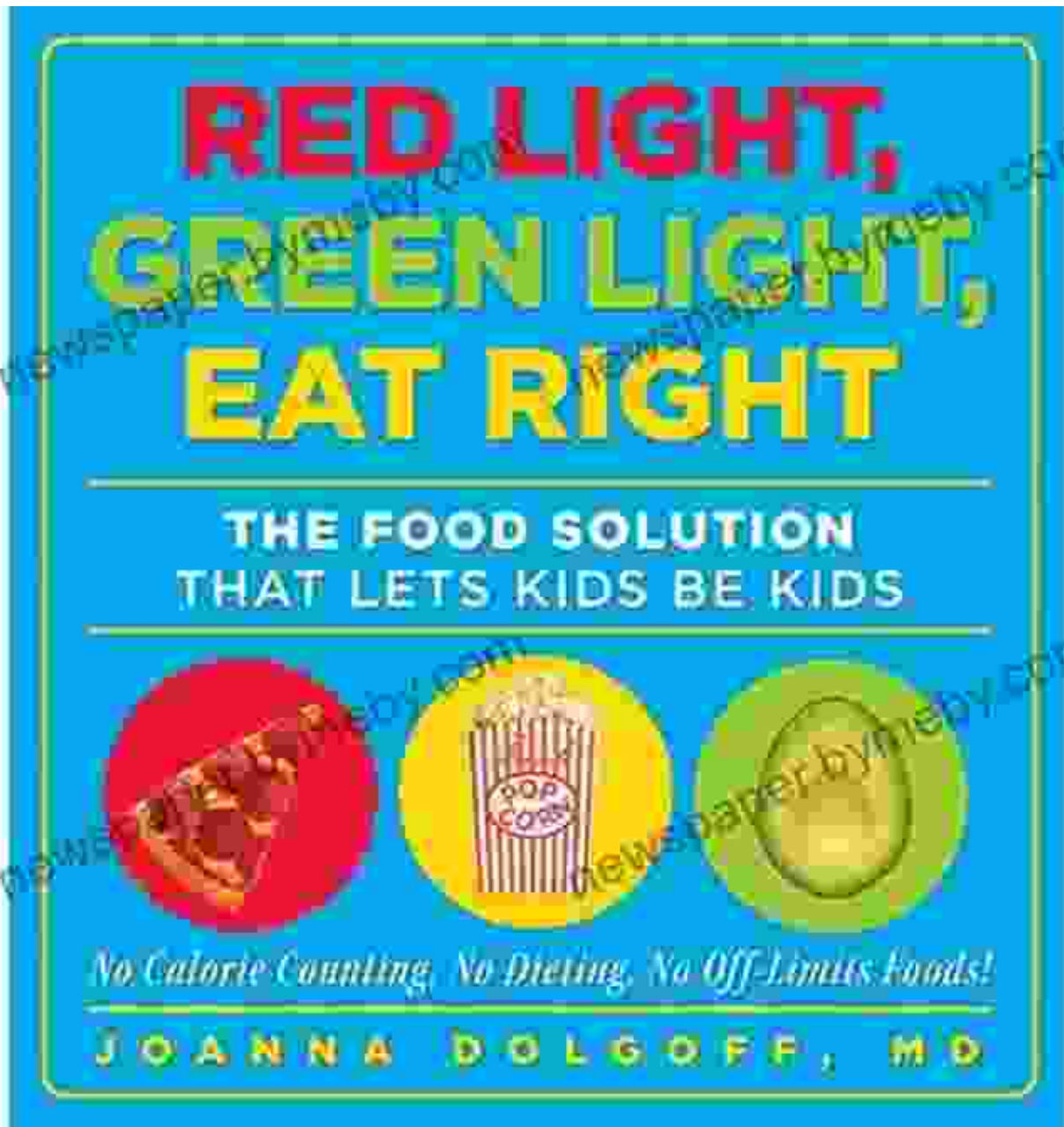
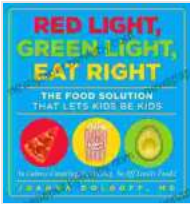


The Food Solution That Lets Kids Be Kids: A Parent's Guide to Ending Food Battles and Raising Healthy, Happy Eaters



Red Light, Green Light, Eat Right: The Food Solution That Lets Kids Be Kids by Joanna Dolgoff

★★★★☆ 4.5 out of 5



Language	: English
File size	: 27806 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Screen Reader	: Supported
Print length	: 404 pages



As a parent, you want the best for your child. You want them to be healthy and happy, and you want to give them the best possible start in life. But when it comes to food, things can sometimes get a little hairy.

Maybe your child is a picky eater. Maybe they refuse to eat anything but chicken nuggets and mac and cheese. Maybe they have food allergies or sensitivities that make mealtimes a nightmare. Or maybe they just don't seem to be interested in eating at all.

Whatever the issue, you're not alone. Millions of parents struggle with food battles every day. But there is hope. There is a solution that can help you end food battles and raise healthy, happy eaters.

That solution is *The Food Solution That Lets Kids Be Kids*.

The Food Solution That Lets Kids Be Kids is a groundbreaking book that offers a revolutionary approach to helping parents end food battles and raise healthy, happy eaters. Based on the latest research, this book provides practical strategies for parents to help their children develop healthy eating habits that will last a lifetime.

In this book, you'll learn:

- The key principles of the Food Solution
- How to identify and resolve your child's food issues
- How to create a healthy and balanced meal plan for your child
- How to involve your child in the cooking process
- How to set limits and boundaries around food
- How to overcome your own food challenges

The Food Solution That Lets Kids Be Kids is the only book you need to help your child develop healthy eating habits that will last a lifetime.

Free Download your copy today!

About the Author

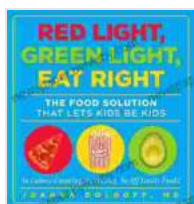
Christy Brissette is a registered dietitian and certified diabetes care and education specialist. She is the founder of Christy Brissette Nutrition, a private practice that specializes in helping families with children who have food challenges. Christy is also the author of the popular blog, *Eat Like a Dinosaur*.

Christy is a passionate advocate for helping parents end food battles and raise healthy, happy eaters. She believes that all children deserve to have a positive and healthy relationship with food.

Endorsements

"*The Food Solution That Lets Kids Be Kids* is a must-read for any parent who is struggling with food battles. Christy Brissette provides practical, evidence-based strategies that will help you end food battles and raise healthy, happy eaters." - **Jennifer Anderson, MS, RDN, FAND**

"Christy Brissette has created a comprehensive and compassionate guide to helping parents end food battles and raise healthy, happy eaters. This book is full of practical strategies and tips that will help you create a positive and healthy eating environment for your child." - **Ellyn Satter, MS, RDN, LCSW, BCD**

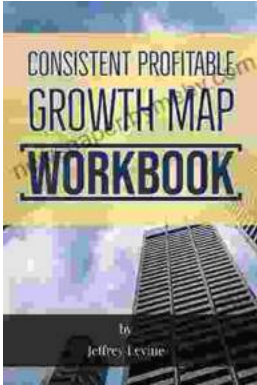


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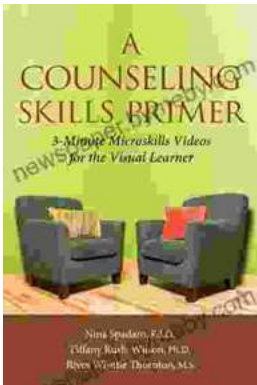
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