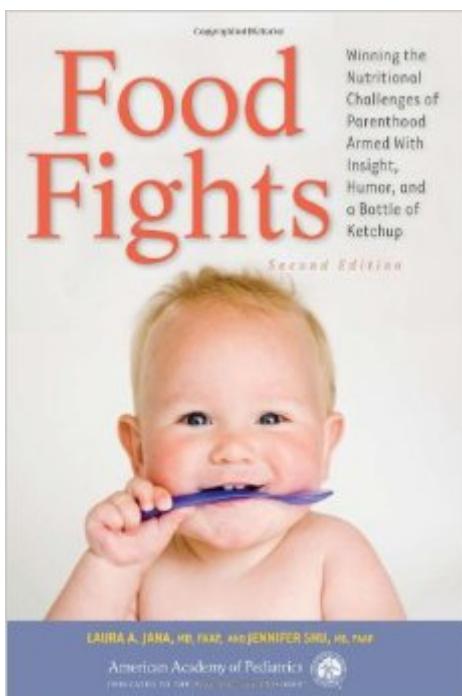


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Food Fights: Winning The Nutritional Challenges Of Parenthood Armed With Insight, Humor, And A Bottle Of Ketchup



Synopsis

Knowing what to feed children is one thing. Getting them to eat it is quite another! In *Food Fights*, 2nd edition, the authors tastefully blend the science of nutrition and pediatrics with the practical insights of parents who have been in your shoes?offering simple solutions for your daily nutritional challenges. Whether youâ™ve got an infant, toddler, or young child, *Food Fights* promises entertaining, reality-based advice on: How to pick your battles (and arm yourself accordingly)? Whining and dining, throwing food, and other dietary distractions? Heaping helpings, TV dinners, fast food, and other nutritional minefields? Eating out, grocery shopping, and travel? The 5-second rule? Drinking and dozing, juice, soda pop, and other classic drinking problems? Sick kids, vitamins, body weight, allergies, constipation, spitting up…and so much more! This revised second edition also includes new chapters on healthy breakfasts, whatâ™s lacking in snacking, and supermarket sanity, and serves up important guidance on making sense of package labels and choosing foods wisely. Add the cornucopia of resources such as recipes for success, a nutrient primer, and phone apps that help families stay on a tech-savvy track to good nutrition and this new and improved edition of *Food Fights* is guaranteed to leave you satisfied.

Book Information

Paperback: 346 pages

Publisher: American Academy of Pediatrics; Second Edition edition (February 7, 2012)

Language: English

ISBN-10: 1581105851

ISBN-13: 978-1581105858

Product Dimensions: 6 x 0.8 x 8.9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 starsÂ See all reviewsÂ (22 customer reviews)

Best Sellers Rank: #448,285 in Books (See Top 100 in Books) #143 inÂ Books > Humor & Entertainment > Humor > Cooking #520 inÂ Books > Humor & Entertainment > Humor > Self-Help & Psychology #900 inÂ Books > Health, Fitness & Dieting > Children's Health

Customer Reviews

I'm afraid I didn't learn much; there are a few nuggets of wisdom but lots of filler. For example, did you know the reason your pediatrician weighs your child every visit is to chart their growth? You didn't? Well, thank goodness this book has a whole chapter telling you so. Their facts are sometimes iffy - if they don't have a citation, it's "many people" do this or "most people" believe that.

The authors come across as preachy and agenda-driven. They appear to think all of us are clueless, lazy, and self-indulgent, with no idea how to eat healthfully ourselves. Worse, the book is really a parenting manual with an agenda, loosely disguised as being about getting your child to eat well. You should read your child books? Really? Thanks. Water makes them "pee"? Earth-shattering. Moreover, the writing is atrocious. You know those catchy subheadings you see in magazines? That. But so obscure as to be nonsensical. For example: "All Choking Aside" and "Gluten for Punishment." In short, this book has little to offer regarding feeding and nutrition. If you've been a parent for a couple years or so, and are sufficiently interested in this topic to be browsing these reviews, rest assured that nearly all the information in this book is already between your ears.

My son's first pediatrician recommended I get this book because my baby fought me to eat. This book is good if you're trying to get a child to eat certain foods but no help if your baby just fights you overall to eat anything.

I bought this book hoping for some magical tips that would get my picky toddler to eat her fruits and veggies, but they weren't in there (probably because they don't exist lol). Mostly the parenting advice was just common sense or things that I knew already, though there were a few good points and a lot of nutrition information if you're looking for that. The best part was the recipe section in the back- I'm excited to try those. Overall though not a book that I would go out of my way to recommend.

This book is really great, I think that I should have read it early, but it gives nice directions to parents. I think in some cases all examples are helpful and give you an idea about the toddlers behavior regarding food.

Great reference for all parents. Written by two pediatrician mommies and addresses many of the common questions that overtired parents are too overwhelmed to look up. Very common sense strategies for dealing with various phases of food struggles.

I'm not finished with the book yet but more than halfway done and I love it. It has a lot of great ideas that are helping me with my very picky 4 year old daughter. It's reassuring to know that I'm not the only one going through this and that there are things to adjust in my way of doing things that will

help.

This could have been written in about 30 pages. The amount of filler is incredibly annoying. Most of the advice borders on common sense.

Food Fights is practical, funny, down to earth instruction book that all parents should read- preferably when their kids are young, so they will grow up with life-long healthy eating habits. This book reads like your best girlfriend chatting with you about shared challenges with your kids, not like some ivory-towered medical advice from doctors with no kids. What other book addresses the "5 Second Rule"? It's obvious both authors have first hand experience with real life "food fights"- and this is a fabulous way to share their combined "mommy" and "doctor" knowledge. Make this your standard baby shower gift- especially for the second kid in a family, because this gift will last far longer than a cute outfit.

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