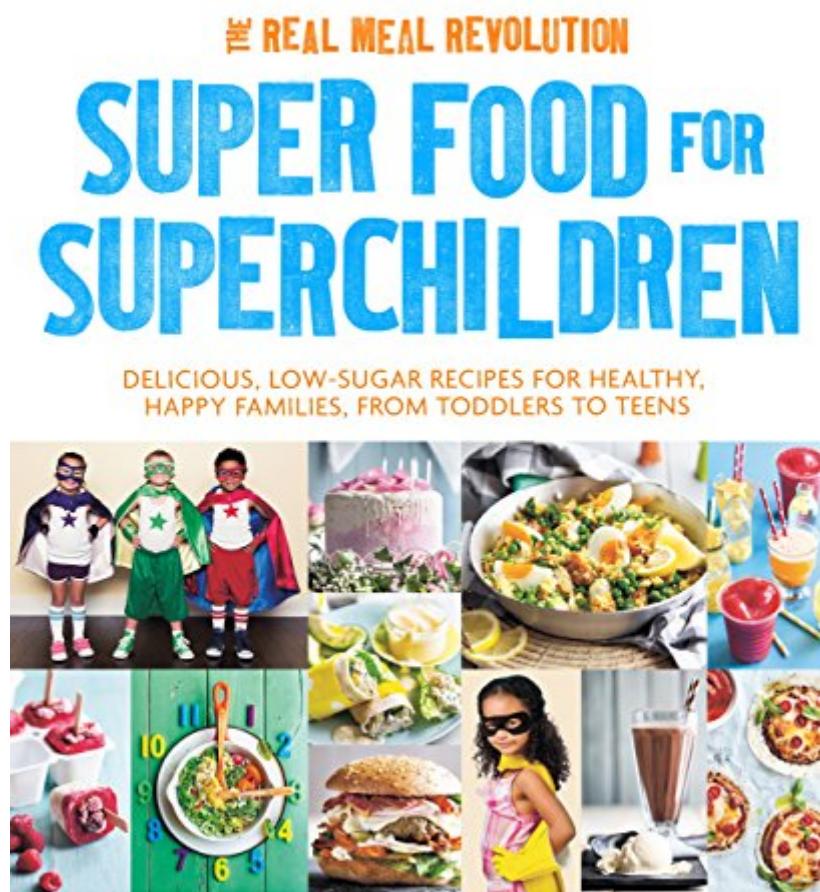


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Super Food For Superchildren: Delicious, Low-sugar Recipes For Healthy, Happy Children, From Toddlers To Teens



PROFESSOR TIM NOAKES,
JONNO PROUDFOOT AND BRIDGET SURTEES



Synopsis

There is so much dietary advice out there, much of it conflicting, that it can be difficult for busy parents to make sense of it all. Medical doctor and sports scientist, Professor Tim Noakes, chef and long-distance swimmer, Jonno Proudfoot, and dietitian Bridget Surtees, a specialist in paediatric nutrition, cut through the clamour to provide clear, proven guidelines and simple, delicious recipes to feed your family well, inexpensively and without fuss. Following their phenomenal, record-breaking success with The Real Meal Revolution, the Real Meal team set out to rethink the way we feed our children. The result, Superfood for Superchildren, challenges many ingrained dietary beliefs and advocates a real-food diet for children - from toddlers to teens - that is low in sugar and refined carbohydrates. Their advice is solidly underpinned by a critical, scientific interrogation of the the children's food industry. By combining the latest peer-reviewed scientific evidence with straightforward, mouthwatering recipes, most of them for the whole family, Superfood for Superchildren shows clearly how to provide your children with the best possible nutrition to help them to grow up healthy and happy.

Book Information

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Customer Reviews

Beautiful book. Lots of recipes that anyone, not just children can enjoy. The science section is well written with great pictures. Love the book. It will be a "keeper" along with all my other books on LCHF and will sit next to my book titled, "The Art and Science of Low Carb Living".

Love this book!. Very well written and gorgeous pictures! Excellent recipes. But only follow these recommendations if you want to optimize your child's physical and brain development, while drastically reducing dental disease. All others can stick with a processed food diet. I have come to realize that any work done by Tim Noakes and his Foundation is FIRST CLASS!!!!. KEEP UP THE GREAT WORK PROFESSOR NOAKES!

I wish I would have bought this cookbook when my children were young. It goes through each stage recommending food. The recipes look delish. Some ingredients are not available here, but I'm sure I can improvise.

This is an awesome book, full of wonderful recipes and healthy meal ideas - it's a real winner with our kids! Highly recommended.

It was a gift to family member who's job is in nutrition and fitness. It was a requested gift.

This is a great book, in an era of confusion about food & nutrition this book has expert advice on the best foods to help your children grow up as healthy as possible

Fantastic Book! Everyone with kids should read this and feed their kids accordingly.

Awesome exactly what I thought it would be. Easy to read. Informative. And easy recipes.

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