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

THE REAL MEAL REVOLUTION

## SUPER FOOD FOR SUPERCHILDREN

DELICIOUS, LOW-SUGAR RECIPES FOR HEALTHY,  
HAPPY FAMILIES, FROM TODDLERS TO TEENS



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## 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 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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And ... diet, sugar free diet, low sugar diet,) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Fat, Fiber & Low Sugar Cookbook: Give the Low Sugar High Fiber Diet a Chance - 40 Delicious & Healthy Recipes That Your Family Will Love Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Parenting Toddlers: How to Deal with Misbehaving and Challenging Toddlers (Parents, Toddlers and discipline) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) The Type 2 Diabetes Cookbook: Simple & Delicious Low-Sugar, Low-Fat, & Low-Cholesterol Recipes (All Other Health) The Type II Diabetes Cookbook: Simple and Delicious Low-Sugar, Low-Fat, and Low-Cholesterol Recipes

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