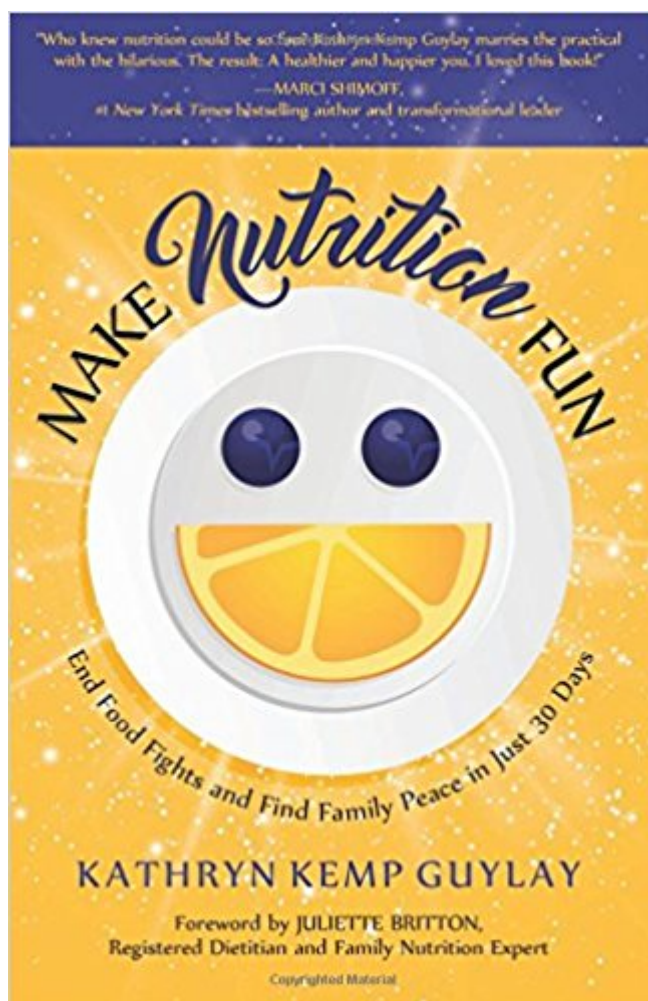


The book was found

Make Nutrition Fun: End Food Fights And Find Family Peace In Just 30 Days



Synopsis

Make Nutrition Fun: End Food Fights and Find Family Peace in Just 30 Days uses stories from the author's personal life as a mom, wife, and certified nutritional counselor as a heartwarming and often hilarious backdrop for studying nutrition lessons and providing balanced, science-based advice. When you read Make Nutrition Fun, you will learn how to: * Achieve greater energy in life by fueling your body optimally, * Discover ways to make mealtimes and snack times more fun, and * Follow a 30-day plan to adopt new healthy habits for improved health and wellness for the whole family.

Book Information

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Best Sellers Rank: #170,870 in Books (See Top 100 in Books) #2 in Books > Health, Fitness & Dieting > Children's Health > Eating Disorders #142 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Nutrition #169 in Books > Parenting & Relationships > Family Activities

Customer Reviews

Kathryn Kemp Guylay, MBA, CNC has helped tens of thousands of individuals improve their health and wellness through her workshops and courses. Kathryn is on a mission to help people overcome the obstacles to eating healthy so that they can experience optimal energy, vibrancy, and productivity.

What a great read. I never knew nutrition could be so entertaining! I love that she reframes how we see food as bad and good, by rather calling it "go" food or "slow us down" food. You know that you are dealing with a skilful writer when she can take on the USDA but it is still funny and easy to read. It is full of excellent advice, for children and for adults with or without children. I love the fun activities and the recipes look yummy, and the helpful time-saving tips are the best. The advice

about using the rice cooker (AKA Cooker San), is priceless. Fast to read, and best done with a notebook, so you can take notes for your all new shopping list for the all new you!

Make Nutrition Fun offers a different way of approaching nutrition - a day by day approach that offers a daily recipe, personal story from the author, and gentle tips to change behaviors for the better. The author, Kathryn Kemp Guylay, speaks from her experience as a mother, as well as from her professional experience, to share with the reader an easy do-able approach to better nutrition - and thus, better health. As a Certified Health Coach - I applaud this book! Kandi Johnson
Certified Integrative Health Coach
Brio Health Coaching

We all have to eat, but in today's society, it really is a challenge to eat healthy because of all the processed food choices available and the way they are marketed--- especially to our kids. Kathryn has a way of overcoming these challenges by Making Nutrition Fun! If you struggle trying to get your family to eat healthy, you will LOVE this book. Filled with nutritional games, solid research, advice, recipes and hilarious stories we can all identify with, planning your family meals will go from being a chore, to being a joy!

Do you have picky eaters? Is eating healthy a struggle in your family? Ms. Kathryn Kemp Guylay's book makes healthy eating fun and exciting for the whole family. This book contains a wealth of information and tips on how to help each member of the family transform the way they look at food and make healthy choices. Within the book are engaging activities, nutritional tips and yummy recipes that will help your family's transition to healthy eating.

A playful romp through the alphabet of nutritional wisdom. Endearing personal stories, fun prompts and empowering education. Under the letter "L is for Listen to the Right Source of Advice, she calls for a new voice. I would say that that new voice is hers. Impeccable research along with her passion and commitment to wellbeing through nutrition makes her a trusted resource. Two of the biggest takeaways for me - someone who travels extensively for work - are the great tips for planning ahead in "O is for On the Go", and hours of excellent podcasts she links throughout the book that I can listen to while traveling. Very accessible and recommended for those just embarking on the journey of better health through better eating.

What I like about this book is that you learn ways to incorporate good choices, but not feel like you

have to immediately overhaul every meal! I like the tips for ways to present the info to kids and increase nutrition education. I think it could even help my husband!!

I found this book really lived up to its name. While it offers quite a bit of nutritional information, it really focuses on how to make eating healthy fun for children. I only wish I had this book when my children were growing up. You can bet I'll be including a copy of this with my Christmas packages to my son and daughter-in-law who have 4 little ones. They will be getting their own copy because I'm keeping mine for the wonderful recipes included. It's very easy to read and I almost don't notice all the facts I picked up along the way. There are plenty of references included in the book if you want to delve more deeply into the details of any of the nutrition topics. This book was a delightful surprise in that it reads more like a novel with the author's writing style. It's not at all the dry, fact after boring fact read that you'd expect from a book on nutrition. It stays true to its title and is fun to read to boot! I highly recommend this for anyone with children or grandchildren.

I really enjoyed reading "Make Nutrition Fun" by Kathryn Kemp Guylay. I'm a huge fan of eating well, and appreciated the tips, for not only planning and preparing healthy meals for families, but I loved that they were easy to make, using simple, basic ingredients, most of which I already had on hand. I raised my 3 kids with an awareness of eating healthy, and often had them join me in the daily meal prep. Now that grandchildren are arriving, I plan on using Kathryn's recipes for teaching the next generation about eating well and having fun while doing it. Each chapter uses a letter of the alphabet to make a point about making and eating nutritious foods. This book is a great resource for parents, grandparents, and anyone else with little people in their lives that cares about how they eat and view the food they eat. You can also download the colorful recipe book and calendar which make preparing and serving healthy meals even easier! A real winner!

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