



It's Not About the Broccoli: Three Habits to Teach Your Kids for a Lifetime of Healthy Eating

Dina Rose

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Stop thinking about nutrition and start thinking about your child's eating habits instead.

You already know how to give your kids healthy food. But the hard part is getting them to eat it. After years of research and working with parents, Dina Rose, discovered a powerful truth: When parents focus solely on nutrition, their kids—surprisingly—eat poorly. But when families shift their emphasis to behaviors – the skills and habits kids are taught—they learn to eat right.

Every child can learn to eat well—but only if you show them how to do it. Dr. Rose describes the three habits—proportion, variety, and moderation—all kids need to learn, and gives you clever, practical ways to teach these food skills. All children can learn:

- How to confidently explore strange, new foods
- How to know when they're hungry and when they're full
- What to do when they say they're "starving"—and about to attend a birthday party
- How to branch out from easy-to-like prepackaged kid fare to more mature tastes and textures: savory, tangy, runny, crunchy.
- How to engage in open and honest talk about food without yelling "I don't like it!"

With *It's Not About the Broccoli*, you can teach your children how to eat, and give them the skills they need for a lifetime of health and vitality.

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From reader reviews:

Roger Ruelas:

Playing with family in the park, coming to see the coastal world or hanging out with good friends is thing that usually you will have done when you have spare time, then why you don't try issue that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love It's Not About the Broccoli: Three Habits to Teach Your Kids for a Lifetime of Healthy Eating, it is possible to enjoy both. It is good combination right, you still desire to miss it? What kind of hang type is it? Oh can happen its mind hangout people. What? Still don't get it, oh come on its referred to as reading friends.

Ellen Jones:

Are you kind of stressful person, only have 10 or even 15 minute in your day time to upgrading your mind ability or thinking skill perhaps analytical thinking? Then you are receiving problem with the book when compared with can satisfy your small amount of time to read it because all this time you only find book that need more time to be examine. It's Not About the Broccoli: Three Habits to Teach Your Kids for a Lifetime of Healthy Eating can be your answer mainly because it can be read by an individual who have those short time problems.

Alejandro Jones:

The book untitled It's Not About the Broccoli: Three Habits to Teach Your Kids for a Lifetime of Healthy Eating contain a lot of information on the item. The writer explains your ex idea with easy way. The language is very easy to understand all the people, so do not necessarily worry, you can easy to read this. The book was published by famous author. The author will bring you in the new time of literary works. It is easy to read this book because you can read more your smart phone, or program, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can open their official web-site as well as order it. Have a nice study.

Elijah McWhorter:

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