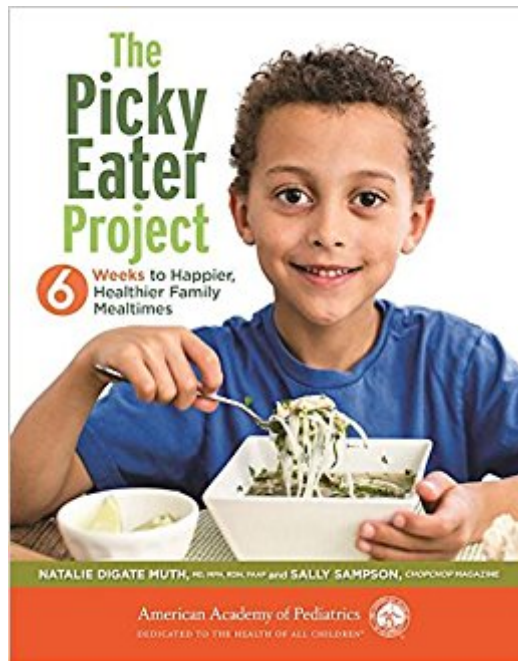




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# The Picky Eater Project: 6 Weeks To Happier, Healthier Family Mealtimes



## Synopsis

The Picky Eater Project: 6 Weeks to Happier, Healthier Family Mealtimes is a one-of-a-kind book that can transform even the most finicky eaters into fledgling foodies. Focusing on kids' participation, interactive strategies, kitchen experiments, and delicious kid-friendly recipes, the book is based on a six-week plan that makes shopping and cooking fun. Weekly themes and goals include - Week 1 - Picky-Free Parenting: Setting the stage to help your child choose a wider variety of healthful food with key parenting strategies- Week 2 - A Kitchen Revolution: Shaping your child's taste preferences away from bland, white and processed towards flavorful, robust, and more adventurous by changing the way you purchase, arrange, and prepare foods.- Week 3 - The Little Chef: Getting your child into the kitchen - early and often - to encourage him or her to try new foods.- Week 4 - A Shopping Adventure: Making grocery shopping and meal planning with your child more of an adventure than a chore.- Week 5 - Family Mini-Feast: Recognizing the value of family meals and setting them up to fit your lifestyle while progressing in your pursuit of undoing picky eating.- Week 6 - It Takes a Village: Enlisting spouses, partners, grandparents, siblings, and friends to help undo picky eating and influence more adventurous choices.- Post-Picky Eater Project Week - Making It Stick-y: Planning for challenges and barriers, and putting contingency plans into action for lasting impact. Six weeks will fly by before you know it! You and your junior chef will have an amazing time working together to make - Layered Yogurt Parfaits- Corn Pancakes- Mix and Match Smoothies- Beanie Cheeseburgers- (Almost) Any Vegetable Soup- And many more fun and healthy recipes! Written by Natalie Digate Muth, a pediatrician and dietitian, and Sally Sampson, cookbook author and founder of ChopChop, a food magazine for kids and their families, The Picky Eater Project addresses both the importance of healthy childhood nutrition and family harmony. It offers tips and troubleshooting, recognizing that it takes planning and perseverance to make behavior changes stick, but that it can happen. Start your picky eater project today - your kids will love it, and you'll see real changes in their eating habits!

## Book Information

Paperback: 227 pages

Publisher: American Academy of Pediatrics; 1 edition (January 3, 2017)

Language: English

ISBN-10: 1581109814

ISBN-13: 978-1581109818

Product Dimensions: 7.2 x 0.7 x 9.1 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 3.3 out of 5 stars 3 customer reviews

Best Sellers Rank: #549,020 in Books (See Top 100 in Books) #53 in Books > Cookbooks, Food & Wine > Cooking Methods > Cooking with Kids #1053 in Books > Health, Fitness & Dieting > Children's Health #6537 in Books > Parenting & Relationships > Parenting

## Customer Reviews

The Picky Eater Project is a BRILLIANT solution to one of parenting's toughest dilemmas! Finally, an approachable, practical guide to the question "what's for dinner?" that instantly helps families, with children of all ages, conquer food phobias, get cooking, eat healthier and, most of all, enjoy mealtime together!- Gail Simmons, food expert, TV host and author of Talking With My Mouth Full

Natalie Digate Muth, MD, MPH, RDN, FAAP, is a dual board-certified pediatrician and obesity medicine physician, and registered dietitian. She practices general pediatrics with a focus on healthy family routines, nutrition, and physical activity. Sally Sampson is the Founder and President of ChopChop Kids, the non-profit publisher of the James Beard award-winning "ChopChop, The Fun Cooking Magazine for Families." Ms. Sampson is the author and coauthor of 23 cookbooks, including "ChopChop: The Kids Guide to Cooking Real Food with Your Family," "The Olives Table" (with Chef Todd English), "The Fifty Dollar Dinner Party" and "Souped Up!" She has contributed to "The New York Times" Motherlode (now Well Family) blog, "Bon Appetit," "Food and Wine," "The Boston Globe" and "Cooks Illustrated," among others. She previously owned From the Night Kitchen, a cafe in Brookline Village, MA. "

I'm a dietitian and mom of 5 small kids, so I have an interest in preventing picky eating from both a professional and personal standpoint. I liked the week-by-week approach to the layout of this book and felt like the author did a nice job making the material straightforward and easy to digest. The author and other contributors in the book drew from real life family situations which made the book easy to relate to. I would recommend it for readers who have minimal understanding of what triggers picky eating or who are in need of creative ways to expand your child's palate.

I bought this to help my patients and their parents who are suffering from picky eating. It is really helpful for them, and I've kept it in the waiting room for them to enjoy.

This book is for beginner cooks and parents. If you yourself like a variety of healthy foods, you cook them everyday, and you have offered your picky child these options at meals then this book isn't for you. I felt insulted reading it. I want to send this book back, but at \$11 it might not be worth my effort. A much better book for a daughter like mine is "Helping Your Child with Extreme Picky Eating" by Katja Rowell M.D. and Jenny McGlothlin, MS, SLP.

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