



Savvy Eating for the Whole Family: Whole Foods, Whole Family, Whole Life (Capital Ideas)

Margaret Kocsis

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Savvy Eating for the Whole Family is a guidebook for those who are confused and frustrated by the plethora of diet books on the market - fad diets that ultimately don't work long-term and that leave us fatter and less healthy. Clearly there is something wrong with the way Americans eat. 66% of American adults and 15-30% of America's kids are overweight. Diet-influenced diseases like cancer, heart disease and diabetes plague our society at increasing rates despite advances in detection and treatment. To combat the diet gimmicks and junk-food habits, Dr. Kocsis has developed a safe, easy-to-follow action plan to get families, from babies to adults, on the path to healthier eating. In "Savvy Eating for the Whole Family," Dr. Kocsis : Traces the development of bad eating habits Shows us how to foster better eating habits in our children and how to avoid family food wars Dispels myths and explains the current concepts of nutrition in plain terms Helps the reader learn to choose whole grains in moderation, fruits and vegetables in abundance, the right kinds of proteins, and plenty of healthy fats Gives practical advice on how to make the necessary dietary changes painlessly Presents solid, credible nutrition information without confusing charts and calculations Addresses the needs of the whole family whether an individual's goal is to lose weight or eat healthier Includes meal plans with more than 100 original recipes

REVIEWS

"Looking at family eating habits as a whole, pediatrician and obesity expert Margaret Kocsis, M.D. presents a comprehensive approach to meals for kids, teens and adults in 'Savvy Eating for the Whole Family: Whole Foods, Whole Family, Whole Life.' "

Publishers Weekly, Publishers Weekly, 2006/11/14

"SAVVY EATING FOR THE WHOLE FAMILY brings together wisdom, common sense, and good science. This is one of the most solid, reliable sources available. Forget the diet-of-the-month and let Dr. Margaret Kocsis be your guide."

Larry, Dossey, MD, author,, The Extraordinary Healing Power of Ordinary Things, 2006/03/20

"**CORNERSTONE PEDIATRICS Patients!** Save when you use the special Cornerstone code to order SAVVY EATING FOR THE WHOLE FAMILY by your own Dr. Margaret Kocsis. Type the code into the code box on the shopping cart. "

2006/03/20

"This book is an invaluable resource for families who want the true secret to an optimum diet for maintaining health and well-being. The tips included on how to provide nutritious snacks and meals for yourself and your family are excellent and very realistic. As a busy pediatrician and mother, I appreciate the sound advice offered in this book. I especially loved the diverse recipes, with very simple, whole ingredients. This is a must-read for every parent."

Michelle L. Bailey, MD, Duke Children's Hospital and Health Center, 2006/03/19

"... a guidebook for those who are confused and frustrated by the plethora of diet books on the market - fad

diets that ultimately don't work long-term and that leave us fatter and less healthy. Clearly there is something wrong with the way Americans eat. . .To combat the diet gimmicks and junk-food habits, Dr. Kocsis has developed a safe, easy-to-follow action plan to get families, from babies to adults, on the path to healthier eating. 100 original recipes "

www.Powells.com, 2006/05/01

'If you eat at least five servings of fruits and vegetables, a variety of whole grains and at least two servings of low-fat dairy products, you probably don't need a supplement that day,' says Dr. Margaret Kocsis. 'If, like most Americans, you eat three or fewer servings of produce or eat processed foods rather than whole grains, a multivitamin a day is good insurance.' Charlotte News-Observer, 2006/05/03

"Dr. Margaret Kocsis, a noted pediatrician provides a safe, easy-to-follow action plan to get families from babies to seniors on the path to healthier eating."

Sheilah Kaufman, Jewish Woman Magazine, 2006/10/01

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