



Healthy Foods: An Irreverent Guide to Understanding Nutrition and Feeding Your Family Well

Leanne Ely

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For families seeking real-life answers to real-life nutrition, the book that delivers is here. With humor and wit and over 100 family-tested recipes, Leanne Ely, C.N.C., offers guidance to creating a nutritional eating plan within the family. She also covers topics like mealtime mechanics, overweight children, allergies and kids, manners and much more. This humorous book is sure to become a family favorite!

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