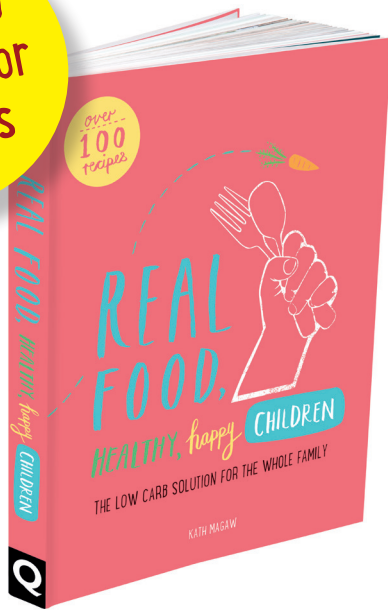


over 100 recipes for families



REAL FOOD, HEALTHY, HAPPY CHILDREN

THE LOW CARB SOLUTION FOR THE WHOLE FAMILY

A MOUTHWATERING COOKBOOK THAT PROVIDES BOTH THE WISDOM AND THE WAY.

‘Love is the most important ingredient. I’m confident I have the knowledge, experience and compassion to revolutionise your family’s eating habits for the better, for ever.’ – KATH MEGAW

In *Real Food, Healthy, Happy Children*, Kath Megaw offers a research grounded yet easy-to-grasp guide on what to feed children at the different stages of their development. A long-term advocate of low-carb eating, her mission is to convert parents and children away from the processed, nutrient-poor foods that surround them in everyday life and to win them over to ‘real’, natural food.

Marrying practicality with warmth, science with common sense and the experience of a healthcare professional with the intuition of a mother, Kath’s approach to how children should eat extends beyond the body-centred focus of nutrition. *‘When meals incorporate taste experiences, social interaction and emotional connections, along with high nutritional impact, the result is altogether healthier, happier, children.’*

ABOUT THE TEAM

A leading South African paediatric dietician, Kath Megaw has been solving children’s eating problems for 20 years. Her team on *Real Food, Healthy, Happy Children* consists of award-winning cookbook author and investigative journalist Daisy Jones (*Starfish Top 10 Sustainable Fish*) and highly respected cooks, Phillippa Cheifitz (*Lazy Days*) and Jane-Anne Hobbs (*Scrumptious*). Together these four mothers, professionals and food lovers have created a book that understands children – and their parents.

MARKET

- Megaw’s approach gets results with both children and adults.
- All children deserve the best start in life, and that means adopting a healthy lifestyle right from preconception, through pregnancy and breastfeeding, and into first foods.
- A treasure trove of nutritional information and nourishing recipes that are guaranteed to put you and your family on the path to optimum health.
- The natural progression for moms and dads who loved *The Real Meal Revolution*.
- Whether you’re the parent of a newborn, a tiny tot, a tween or a teen, if you care about your child’s nutrition, this book is the only way to go.

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- sustained energy • reduced sugar cravings • improved concentration • increased health and vitality
- enhanced athletic performance • longer, deeper sleep • improved digestion • strategies for fussy eaters
- reaching and maintaining healthy body weight

