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The Eat-Clean Diet For Family And Kids: Simple Strategies For Lasting Health And Fitness



Synopsis

We have been hearing for years now about the obesity epidemic and other health issues facing children. In fact, the longevity trend is reversing with this generation - children born today are not expected to live as long as their parents. In *The Eat-Clean Diet for Family and Kids*, author Tosca Reno handles this issue with typical aplomb.

Book Information

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Customer Reviews

My husband and I decided to set a goal for 2011 - to eat 'cleaner' and feed our children better. I bought this book after reading some of the recommendations and I have to say it's not exactly what I was expecting/hoping for. The first 2/3 of the book consists of information on what clean eating is and why we should choose to avoid certain things. It made sense, but it wasn't anything amazing or ground-breaking. Perhaps that's because I've already read books such as the *Omnivore's Dilemma* and *Food Rules*, and I've watched episodes of *Jamie's Food Revolution*. So I already had a pretty good idea on most things - eat lots of fruits and veggies, whole grains and lean meat while avoiding sugar, processed foods, and white carbs (bagels, white bread, etc). She did have some good tips on how to involve the kids in the switch to clean eating such as letting them help plan and prepare meals, only preparing one meal for the family, etc. The final 1/3 of the book is recipes. This is where I was most disappointed. I was hoping for good recipes that have actual ingredients and will be tasty and nutritious WITHOUT having to search for a bunch of 'freak food' (as my husband would call it). There are only a few of those. I saw quite a few recipes that call for all sorts of ingredients that I

would have to search for and am certainly not familiar with - and neither are my kids. I am a reader of Cooking Light and Food magazines, and that is more what I expected - recipes that use simple, basic, fresh ingredients without relying on lots of processed helpers to make them into tasty meals. Instead I got recipes that require lots of things I would not have in the pantry and which would require a trip to a specialty supermarket.

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