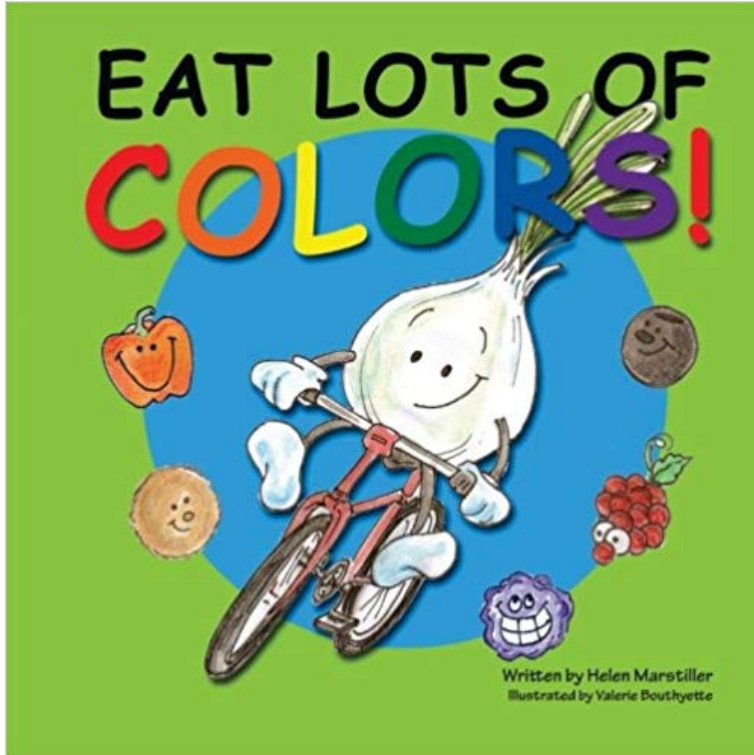


# Eat Lots of Colors: A Colorful Look at Healthy Nutrition for Children



Eat Lots of Colors is a light-hearted first look at the nutritional benefits of eating colorful foods (derived from naturally occurring phytonutrients in a rainbow of colors which they contain). Simply written and charmingly illustrated, it motivates young children to make healthy food choices. They learn that eating whole and real foods actually helps them feel good about themselves, their bodies and their capabilities. If you dream of your children saying, Can I have carrots instead of potato chips?, pick up a copy of Eat Lots of Colors. The book includes a chart that makes it fun for them to follow their weekly progress as they discover a world of new and healthy foods. Flesch-Kincaid grade level 1.54.

Synopsis: Eat Lots of Colors is a light-hearted first look at the nutritional benefits of eating colorful foods (derived from naturally occurring phytonutrients in aEat Lots of Colors: A Colorful Look at Healthy Nutrition for Children [Helen Marsteller, Valerie Bouthyette] on . \*FREE\* shipping on qualifying offers.Eat Lots of Colors: A Colorful Look at Healthy Nutrition for Children by Helen Marsteller Explore Kids Nutrition, Healthy Nutrition, and more!Product Description. Eat Lots of Colors is a light-hearted first look at the nutritional benefits of eating colorful foods (derived from naturally occurringDownload & Read Online Eat Lots of Colors: A Colorful Look at Healthy Nutrition for Children: Volume 1 by Helen Marsteller - Buy Eat Lots of Colors: A Colorful Look at Healthy Nutrition for Children: Volume 1 book online at best prices in India on Amazon.in. Read Eat LotsEat Lots of Colors: A Colorful Look at Healthy Nutrition for Children by Helen Marsteller, Valerie Bouthyette.Eat Lots of Colors: A Colorful Look at Healthy Nutrition for Children by Helen Marsteller. \$10.95. Publication: August 2, 2010. Publisher: CreateSpaceIts a good and concept, although some of the ideas are not what I would consider to be well suited to children. With particular note to the sentence pants feelingStill puzzled in searching the most effective website for looking for Eat Lots Of Colors. A Colorful Look At Healthy Nutrition For Children Volume 1 simply below. dust jacket, etc). Will be a good Reading copy. EAT LOTS OF COLORS: A COLORFUL LOOK AT HEALTHY NUTRITION FOR CHILDREN By Helen Marsteller