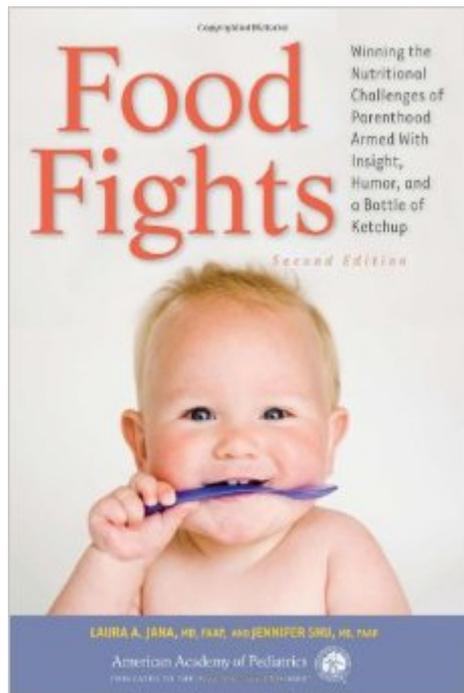


The book was found

# Food Fights: Winning The Nutritional Challenges Of Parenthood Armed With Insight, Humor, And A Bottle Of Ketchup



## Synopsis

Knowing what to feed children is one thing. Getting them to eat it is quite another! In *Food Fights*, 2nd edition, the authors tastefully blend the science of nutrition and pediatrics with the practical insights of parents who have been in your shoes—offering simple solutions for your daily nutritional challenges. Whether you’ve got an infant, toddler, or young child, *Food Fights* promises entertaining, reality-based advice on: How to pick your battles (and arm yourself accordingly)? Whining and dining, throwing food, and other dietary distractions? Heaping helpings, TV dinners, fast food, and other nutritional minefields? Eating out, grocery shopping, and travel? The 5-second rule? Drinking and dozing, juice, soda pop, and other classic drinking problems? Sick kids, vitamins, body weight, allergies, constipation, spitting up—and so much more! This revised second edition also includes new chapters on healthy breakfasts, what’s lacking in snacking, and supermarket sanity, and serves up important guidance on making sense of package labels and choosing foods wisely. Add the cornucopia of resources such as recipes for success, a nutrient primer, and phone apps that help families stay on a tech-savvy track to good nutrition and this new and improved edition of *Food Fights* is guaranteed to leave you satisfied.

## Book Information

Paperback: 346 pages

Publisher: American Academy of Pediatrics; Second Edition edition (February 7, 2012)

Language: English

ISBN-10: 1581105851

ISBN-13: 978-1581105858

Product Dimensions: 6 x 0.8 x 8.9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars [See all reviews](#) (22 customer reviews)

Best Sellers Rank: #448,285 in Books (See Top 100 in Books) #143 in [Books > Humor & Entertainment > Humor > Cooking](#) #520 in [Books > Humor & Entertainment > Humor > Self-Help & Psychology](#) #900 in [Books > Health, Fitness & Dieting > Children’s Health](#)

## Customer Reviews

I’m afraid I didn’t learn much; there are a few nuggets of wisdom but lots of filler. For example, did you know the reason your pediatrician weighs your child every visit is to chart their growth? You didn’t? Well, thank goodness this book has a whole chapter telling you so. Their facts are sometimes iffy - if they don’t have a citation, it’s “many people” do this or “most people” believe that.

The authors come across as preachy and agenda-driven. They appear to think all of us are clueless, lazy, and self-indulgent, with no idea how to eat healthfully ourselves. Worse, the book is really a parenting manual with an agenda, loosely disguised as being about getting your child to eat well. You should read your child books? Really? Thanks. Water makes them "pee"?

Earth-shattering. Moreover, the writing is atrocious. You know those catchy subheadings you see in magazines? That. But so obscure as to be nonsensical. For example: "All Choking Aside" and "Gluten for Punishment." In short, this book has little to offer regarding feeding and nutrition. If you've been a parent for a couple years or so, and are sufficiently interested in this topic to be browsing these reviews, rest assured that nearly all the information in this book is already between your ears.

My son's first pediatrician recommended I get this book because my baby fought me to eat. This book is good if you're trying to get a child to eat certain foods but no help if your baby just fights you overall to eat anything.

I bought this book hoping for some magical tips that would get my picky toddler to eat her fruits and veggies, but they weren't in there (probably because they don't exist lol). Mostly the parenting advice was just common sense or things that I knew already, though there were a few good points and a lot of nutrition information if you're looking for that. The best part was the recipe section in the back- I'm excited to try those. Overall though not a book that I would go out of my way to recommend.

This book is really great, I think that I should have read it early, but it gives nice directions to parents. I think in some cases all examples are helpful and give you an idea about the toddlers behavior regarding food.

Great reference for all parents. Written by two pediatrician mommys and addresses many of the common questions that overtired parents are too overwhelmed to look up. Very common sense strategies for dealing with various phases of food struggles.

I'm not finished with the book yet but more than halfway done and I love it. It has a lot of great ideas that are helping me with my very picky 4 year old daughter. It's reassuring to know that I'm not the only one going through this and that there are things to adjust in my way of doing things that will

help.

This could have been written in about 30 pages. The amount of filler is incredibly annoying. Most of the advice borders on common sense.

Food Fights is practical, funny, down to earth instruction book that all parents should read- preferably when their kids are young, so they will grow up with life-long healthy eating habits. This book reads like your best girlfriend chatting with you about shared challenges with your kids, not like some ivory-towered medical advice from doctors with no kids. What other book addresses the "5 Second Rule"? It's obvious both authors have first hand experience with real life "food fights"- and this is a fabulous way to share their combined "mommy" and "doctor" knowledge. Make this your standard baby shower gift- especially for the second kid in a family, because this gift will last far longer than a cute outfit.

[Download to continue reading...](#)

Food Fights: Winning the Nutritional Challenges of Parenthood Armed With Insight, Humor, and a Bottle of Ketchup  
The Man Behind The Bottle: The Origin and History of the Classic Contour Coca-Cola Bottle As Told By The Son Of Its Creator  
99 Ways to Open a Beer Bottle Without a Bottle Opener  
Folklore Fights the Nazis: Humor in Occupied Norway, 1940&#150;1945  
The Decision: Your prostate biopsy shows cancer. Now what?: Medical insight, personal stories, and humor by a urologist who has been where you are now.  
Performing Marginality: Humor, Gender, and Cultural Critique (Humor in Life and Letters Series)  
God Has A Sense Of Humor For Heaven's Sake: A Collection of Religious Humor  
100 Exotic Food Recipes (Puerto Rican Food Recipes, Picnic Food Recipes, Caribbean Food Recipes, Food Processor Recipes,)  
Blackjack Strategy: Winning at Blackjack: Tips and Strategies for Winning and Dominating at the Casino (Blackjack, Counting Cards, Blackjack Winning, Good at Blackjack, Black Jack, Card Counting)  
Winning the War on War: The Decline of Armed Conflict  
Worldwide Professional Nursing: Concepts & Challenges (Professional Nursing; Concepts and Challenges)  
American Savage: Insights, Sights, and Fights on Faith, Sex, Love, and Politics  
Flash Mob Law: The Legal Side of Planning and Participating in Pillow Fights, No Pants Rides, and Other Shenanigans  
Trial & Heirs: Famous Fortune Fights!: ... And what you can learn from celebrity errors (2nd edition)  
Worthy Fights: A Memoir of Leadership in War and Peace  
ORGANIC COOKBOOK: Healthy And Delicious Baby Food Recipes Which Are Nutritious And Easy To Cook (organic food, food recipes, nutritious food)  
Havana Real: One Woman Fights to Tell the Truth about Cuba Today  
The 188th Crybaby Brigade: A Skinny Jewish Kid from Chicago

Fights Hezbollah--A Memoir  
Homemade Baby Food: 17 Wholesome Baby Food Recipes for Easy, Nutritious, and Delicious Homemade Baby Food (How to Make Baby Food)  
Multiple Sclerosis and Having a Baby: Everything You Need to Know about Conception, Pregnancy, and Parenthood

[Dmca](#)