



Eat Smart, Feel Great: Fun & Informative, For Kids, Teens & the Whole Family Plus Yummy Recipes & Great Nutritional Tips!

Dale Figtree Ph.D.

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Eat Smart, Feel Great is a fun-filled story about a pre-teenager, James, and his struggles and adventures learning how to eat smarter and be healthier and more fit. It is packed with important nutritional tips and wisdom, along with yummy, easy-to-make, high-energy, high-nutrient recipes. Also included are questions and answers that address common food and healthy eating issues along with a special section on skin care and exercise. This book helps children and teens understand how the food they eat each day affects their health and well-being. It makes eating fun, nutritious and positively life-changing. It also encourages and inspires young people to recognize the power of smart choices, choices that not only influence their optimum health, but also build confidence and success for their entire lives.

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Patricia Diaz:

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