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Secrets of Feeding a Healthy Family: How to Eat, How to Raise Good Eaters, How to Cook

Ellyn Satter M.S. R.D. L.C.S.W. B.C.D

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Secrets of Feeding a Healthy Family: How to Eat, How to Raise Good Eaters, How to Cook Ellyn Satter M.S. R.D. L.C.S.W. B.C.D
Ellyn Satter's *Secrets of Feeding a Healthy Family* takes a leadership role in the grassroots movement back to the family table. More a cooking primer than a cookbook, this book encourages singles, couples, and families with children to go to the trouble of feeding themselves well. Satter uses simple, delicious recipes as a scaffolding on which to hang cooking lessons, fast tips, night-before suggestions, in-depth background information, ways to involve kids in the kitchen, and guidelines on adapting menus for young children. In chapters about eating, feeding, choosing food, cooking, planning, and shopping, the author entertainingly helps readers have fun with food while not eating unhealthily or too often. She cites current studies and makes a convincing case for lightening up on fat and sodium without endangering ourselves or our children. The book demonstrates Satter's dictum that “your positive feelings about food and eating will do more for your health than adhering to a set of rules about what to eat and what not to eat.”

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