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(Jaeden Stiedemann Sr.)

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Phil Nader Publications, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: Spanish . Brand New Book ***** Print on Demand *****.Childhood Obesity has tripled from what it was thirty years ago. If nothing is done to reverse this trend, there is a real possibility that children today will have shorter life-expectancies than their parents. Today, our perception of normal has changed! We see overweight children as normal and healthy weight kids as too skinny. Childhood obesity CAN be prevented! This book, by a pediatrician and a dietician, is Spanish language and culturally adapted, gives practical ways to provide, starting in pregnancy and carrying through adolescence, a legacy of health for our children in our own families, neighborhoods and communities.



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