

## FOR IMMEDIATE RELEASE



Contact: Tina Nocera  
(973) 667-9347

[Tina@parentalwisdom.com](mailto:Tina@parentalwisdom.com)

### ***FEEDING THE KIDS: THE FLEXIBLE, NO-BATTLES, HEALTHY EATING SYSTEM FOR THE WHOLE FAMILY*** ***Good Parenting<sup>cm</sup> Seal honors book written for parents who want their kids to grow up loving healthy foods.***

Nutley, New Jersey. (Mar 31<sup>st</sup>, 2008). The Good Parenting<sup>cm</sup> Seal from Parental Wisdom, a patented parenting website that recognizes parents as the real experts in knowing their children best, recognizes and awards the seal to *Feeding the Kids: The Flexible, No-Battles, Healthy Eating System for the Whole Family* by Pamela Gould, Eleanor P. Taylor, and Dr. Katherine Cason.

Feeding kids a healthy diet is not a simple task! Day after day, today's parents make food choices for their family based on changing food pyramids, supposedly healthy diet trends like low-carbohydrate or low-fat, crazy claims on food packages, -- and even the evolving likes and dislikes of their own kids who think that some foods are just plain 'yucky' or 'gross'. Parents already know that everyone should eat five fruits and vegetables a day plus whole grains, and they worry about their kids getting enough calcium, protein, fiber, and vitamins each day. If that isn't enough, parents are hit with another frightening or guilt-inducing health warning on the radio or in a magazine article.

Feeding the family can feel more complicated than any trek through the jungle or foray into the dessert. And, parents have to do it three times a day! Fortunately, there is help in a new, easygoing guide to the wild world of food: *Feeding the Kids: The Flexible, No-Battles, Healthy Eating System for the Whole Family* (Mancala Publishing, October 2007). This book is based on the philosophy that healthy eating should be fun, delicious, and easy. It provides reassuring concepts such as "there are no bad foods, just some foods that people should eat more often than others". Written by parents' for parents, the book offers do-able solutions for:

- Ending fights over what, when, and how-much kids should eat.
- Knowing which foods are Smart (healthy), Empty (junk), or In-Between.
- Creating a daily routine that includes the most important healthy foods.

***FEEDING THE KIDS: THE FLEXIBLE, NO-BATTLES, HEALTHY EATING SYSTEM FOR THE WHOLE FAMILY*** (Mancala Publishing); \$16.95; ISBN: 9780978938543; October, 2007. Available nationally at most bookstores and internet book sites. The book and support materials are also available at [www.feedingthekids.com](http://www.feedingthekids.com).

#### ABOUT THE AUTHORS

Pamela Gould (a food writer and former teacher) and Eleanor Taylor (a Registered Nurse and wellness consultant) and Dr. Katherine Cason (a Registered Dietitian and a professor of human nutrition at Clemson University) combined their expertise to create a research-based, realistic system for feeding the entire family a nutritious great-tasting diet. *Feeding the Kids* shows parents how to raise children who will absolutely love healthy food. At the same time, parents can relax and enjoy eating as a family without worry and guilt. The authors can be contacted through their website at [www.feedingthekids.com](http://www.feedingthekids.com).

#### ABOUT THE GOOD PARENTING<sup>CM</sup> SEAL

Evaluated by parents, the Seal is awarded to books and media that address parenting issues, and are found to be clear, helpful and actionable. The Seal exists to resolve the issue of parents with limited time and money to sort through the over thirty thousand books, millions of websites and other media when researching advice on raising children. Parental Wisdom has been awarded the Good Parenting certification mark by the U.S. Patent office. For more information visit [www.parentalwisdom.com](http://www.parentalwisdom.com)

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