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Superfoods for Children: How to Boost Your Child's Health and Brain Power from Preconception, Babies and Toddlers Through to the Teenage Years

Barbara Griggs, Michael van Straten

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A manual of nutritional advice, covering children from preconception to the teenage years. It recommends 100 "superfoods" that can help boost a child's health, brain power and immune system. There are over 130 nutritious recipes that are designed to fit in with a hectic lifestyle.

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