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The difference from the adult book is, more inclusion of root vegetables such as sweet potato, sweet dishes including honey, and overall generally a great mix of child friendly recipes, which still abide by the 'banting' principles. If you are new to the concept of high fat low carb food, I would encourage you to try this book and it's recipes.

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Superfood for Superchildren is the “must have” cook book for health conscious parents. It gives busy parents easy ways to feed their family delicious meals that are low-sugar and low carbohydrate.

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Sugar Recipes For Healthy Happy Children From Toddlers To Teens

There is so much dietary advice out there, much of it conflicting, that it can be difficult for busy parents to make sense of it all. This cook book will give you the focus you need to help you cook nourishing and delicious meals for your family.

### **Superfood for Superchildren by Professor Tim Noakes**

The result, Superfood for Superchildren, challenges many ingrained dietary beliefs and advocates a real-food diet for children - from toddlers to teens - that is low in sugar and refined carbohydrates. Their advice is solidly underpinned by a critical, scientific interrogation of the the children's food industry.

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### **Super Food for Superchildren : Delicious, low-sugar ...**

Super Food for Superchildren (Raising Superheroes) - Low Carb Down Under. 'Superfood for Superchildren' shows clearly how to provide your children with the best possible nutrition to help them to grow up healthy and happy. Delicious, low-sugar recipes for healthy, happy children, from toddlers to teens. There is so much dietary advice out there, much of it conflicting, that it can be difficult for busy parents to make sense of it all.

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**There is so much dietary advice  
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The result, Superfood for Superchildren, challenges many ingrained dietary beliefs and advocates a real-food diet for children - from toddlers to teens - that is low in sugar and refined carbohydrates. Their advice is solidly underpinned by a critical, scientific interrogation of the the

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