



# Food Fights: Winning the Nutritional Challenges of Parenthood Armed with Insight, Humor, and a Bottle of Ketchup

*Laura A. Jana MD FAAP, Jennifer Shu MD FAAP*

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## **Food Fights: Winning the Nutritional Challenges of Parenthood Armed with Insight, Humor, and a Bottle of Ketchup** Laura A. Jana MD FAAP, Jennifer Shu MD FAAP

Restore "peas and harmony" to the dining table with this comprehensive guide to building successful childhood feeding strategies. Focus is placed on the food-fight challenges parents are most likely to face—such as starting babies on solid foods, dealing with picky eaters, and making healthy food choices in child-care settings and restaurants—and a wide range of winning solutions are offered. More than a simple nutrition guide, this book also addresses the behavior and development issues surrounding the feeding challenges of early childhood. With a family-sized serving of useful advice and a generous helping of humor, this resource offers invaluable food for thought and real world advice that parents can use every day.

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