



Eat Lots of Colors: A Colorful Look at Healthy Nutrition for Children

Helen Marsteller

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"Eat Lots of Colors" is a light-hearted first look at the nutritional benefits of eating colorful foods (derived from naturally occurring phytonutrients in a rainbow of colors which they contain). Simply written and charmingly illustrated, it motivates young children to make healthy food choices. They learn that eating whole and "real" foods actually helps them feel good about themselves, their bodies and their capabilities. If you dream of your children saying, "Can I have carrots instead of potato chips?", pick up a copy of "Eat Lots of Colors." The book includes a chart that makes it fun for them to follow their weekly progress as they discover a world of new and healthy foods. Flesch-Kincaid grade level 1.54.

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