



The Monster Health Book: A Guide to Eating Healthy, Being Active & Feeling Great for Monsters & Kids!

Edward Miller

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Beginning with concise discussions of each of the food groups, along with the newly redesigned food pyramid, Ed Miller looks at all aspects of health and nutrition in this accessible and informative book. Fun facts about different foods are included throughout to keep the reading upbeat and clear distinctions are made between healthy and not-so-healthy meal choices. Readers will learn about nutrients, how to read foods labels and what it means to count calories. Readers will also learn how to develop healthy habits, such as making time for breakfast, tips for packing the best lunch, and the benefits of having a sit down (versus fast food) dinner. Overviews on food illnesses and disorders are included as are the importance of sleep and exercise. With Edward Miller's comprehensive writing and clear format, making healthy choices truly becomes easier.

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