



Diabetes-Free Kids: A Take-Charge Plan for Preventing and Treating Type-2 Diabetes in Children (Paperback)

By Sheri Colberg, Mary Friesz

Avery Publishing Group, United States, 2005. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. A parent's action plan for stopping the epidemic of type 2 diabetes in children. Diabetes-Free Kids is the first book to address the burgeoning epidemic of type 2 diabetes among children and to provide parents with an action plan for halting it. Exercise physiologist Sheri Colberg and nutritionist Mary Friesz lay out a clear plan for diet and exercise that will get even the pickiest eaters to enjoy healthier yet satisfying meals and snacks, and will motivate the most sedentary children to start moving.

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