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Health And Brain Power From Preconception, Babies
And Toddlers Through To The Teenage Years By
Barbara Griggs;Michael Van Straten**

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Superfoods for kids

Kids' diets can be a little hit or miss, to say the least. But, by adding more superfoods, you can maximize the vitamins, minerals, fiber, and healthy fats your kids

What's so super about superfoods?

The American Heart Association explains that many so-called 'super' foods may be good for your heart and your overall health, but not by themselves. Learn more about

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Dietitian and cookbook author Dana White, R.D. shares 25 of her favorite superfoods for kids, and explains why we should add these healthy foods to our grocery lists

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Top 10 super foods for kids - wholesome tummies

We have carefully selected a list of Top 10 Super Foods for Kids that we believe provide the maximum amount of nutrition per serving for your growing child.

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