

Contents

| | |
|--|-----------|
| Acknowledgments | ix |
| Introduction | 1 |
| PART ONE | |
| The Journey Begins | 5 |
| 1 Family Genes | 7 |
| 2 Setting Realistic Food Goals for Your Family | 21 |
| 3 Making Fitness Fun for Your Family | 25 |
| 4 Overcoming Food Fights | 39 |
| PART TWO | |
| Achieving and Maintaining a Healthy Weight for Life | 49 |
| 5 The Infant, Toddler, and Tween Years | 51 |
| 6 Teenagers | 63 |
| 7 Women | 71 |
| 8 Men | 83 |
| 9 Seniors | 87 |
| PART THREE | |
| The Family Action Plan | 93 |
| 10 The Ultimate Family Food Guide | 95 |

| | | |
|------------|---|-----|
| 11 | Preventing and Managing Diet-Related Conditions | 117 |
| 12 | Surviving the Grocery Aisles | 141 |
| 13 | Eating Out While Still Eating Healthfully | 163 |
| 14 | Delicious Meal Plans | 173 |
| 15 | Family-Friendly Recipes | 187 |
| | | |
| APPENDIX A | Your Family's Genes | 227 |
| APPENDIX B | Body Mass Index | 229 |
| APPENDIX C | Frame Size | 233 |
| APPENDIX D | Food Sources of Key Nutrients | 235 |
| APPENDIX E | What's a Portion? | 249 |
| APPENDIX F | All about Exercise | 251 |
| APPENDIX G | Master Food Lists | 253 |
| | Resources | 259 |
| | Selected References | 265 |
| | Index | 269 |