

A smiling woman with long blonde hair is shown from the chest up, wearing a teal shirt. She is holding a large, round, light-colored wooden plate in front of her. On the plate is a pile of fresh green beans. The background is a plain, light color.

Healthy Eating Secrets Guide *for Moms*

Healthy Eating Secrets Guide for Moms

Get your free copy of "Improve Your Health By Eating The Right Foods" plus a series of other tips on healthy eating by clicking on the image below and submitting your name and e-mail address.



Mom-N-Kids : Special Report For You
"Improve Your Health By Eating The Right Foods"

First Name:

Last Name:

Email:

SIGN UP NOW!

[We respect your email privacy](#)



If you want to learn more about healthy eating and energy levels then please take a look at our companion product "Eating for Energy"



DISCLAIMER AND TERMS OF USE AGREEMENT

No part of this publication may be reprinted, reproduced, disseminated, or transmitted in any form by any means whatsoever, whether graphic, electronic, mechanical or otherwise, without prior written permission by the publisher. The contents of this publication reflect only the author's views.

Whilst every effort is made to ensure that the information presented in this publication is helpful and of high quality, no representation or warranties of any kind are made with regard to the completeness or accuracy of this publication.

Further, the author makes no representation whatsoever with respect to any results that may or may not be attained by the reader using the information provided herein. The reader is solely responsible for his or her use of the information contained herein and the author assumes no responsibility or liability with respect to same. The publisher and author disclaim any personal loss or liability caused, directly or indirectly, by the utilization of any information presented herein.

The author is not engaged in rendering any professional advice or service, legal, financial, medical or otherwise. The services of a qualified, professional person are recommended if any such advice or assistance is normally deemed to be required.

All product names and/or logos used throughout this publication are copyrights and trademarks of their respective owners.

The author and publisher do not warrant the performance, effectiveness or applicability of any sites listed or linked to in this eBook.

All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.

Table of Contents

Healthy Eating Secrets Guide for Moms	5
Which Of These Moms Are You?.....	5
Very Bad Things.....	7
<i>Plastic And Microwaves</i>	7
<i>Cooking Utensils</i>	8
<i>Pesticides</i>	8
<i>Trans Fats Demystified</i>	9
Additives And Allergies	12
Food Additives	12
The Overweight Mom	14
Not Enough Exercise	15
<i>What Is A Normal Portion?</i>	17
<i>How much is the ideal portion?</i>	17
<i>Are you an evening snack addict?</i>	18
The Truth About Potato Chips	19
<i>Hormonal Conditions</i>	25
Eating The “Wrong Foods” – Even When They’re “Right”	26
The Overwhelmed Mom	29
Identify The Real Culprit	31
<i>Other Factors That Can Detract From Your Diet</i>	33
Eating For Two	37
What Should You Eat During Pregnancy?.....	40
Passing It On	41
6 Tricks For Picky Eaters	42

Healthy Eating Secrets Guide for Moms

Congratulations on downloading this Special Report. Doing so means you're a mom who is concerned about what she is eating, and you want to be the best, healthiest and most energetic *you* possible. That means you've already won half the battle, nutritionally speaking!

And the good news is, it doesn't matter whether you downloaded "*Healthy Eating Secrets Guide For Moms*" because you are concerned about food additives, just need a little more energy, have finicky kids who won't eat, or you're trying to lose weight or eat healthily during pregnancy – there's something in this report especially for you!

So before we go any further, let's narrow down your eating goals – and challenges.

Which Of These Moms Are You?

A. You're a certified nutritionist and avid organic gardener. You grow much of your own produce, calculate your family's protein, vitamin and mineral needs to the last milligram, eat a lot of raw foods, create every meal from scratch – and never, ever eat junk food.

B. Eating healthily is a priority for you, and you always make sure your family enjoys lots of fresh vegetables and fruits, along with whole grain cereal products and adequate protein.

Healthy Eating Secrets Guide for Moms

C. You eat healthily as often as you can – but your schedule is so busy that take-out food is part of your lifestyle. And you do have one or two little food passions – like Cappuccino or chocolate – that you just can't give up completely.

D. You'd love to eat more organic – or even just plain fresh food – but you just can't afford it. You do your best to make sure the kids get what they need, but you have to admit there are more French fries and Mac-'N'-Cheese dinners than you like.

E. You guiltily buy vegetables and fresh fruits, but you throw out more than you eat. Let's be honest – your favorite food group is refined carbs and sugar. You mean to eat healthily – you're just so exhausted all the time, it's much easier to give yourself a quick boost with a cup of coffee and a cinnamon bun than it is to prepare a healthy salad with tuna.

If you rolled your eyes, or laughed at "A", you're not alone. (No disrespect to those amazing few moms who are lucky and passionate enough to be certified nutritionists or master organic gardeners!) (And let's face it – if you're a Type A, you're probably not reading this report, anyway, are you?)

The fact is, most of us would like to be A or B, but fall somewhere in the range of C, D or E. If you have a particular challenge – lack of energy, weight gain, digestive difficulties, allergies or food sensitivities – you may be missing part of the puzzle. So before we get down to looking at what to do right, let's check out those pieces you may be missing...

HEALTHY SNACK & MEAL IDEAS FOR YOUR FAMILY



***Make Meal and Snack Time,
Fast, Easy and Best of All
- Healthy!***

Get your free series of tips & ideas for healthier eating by clicking on the image below and submitting your name and e-mail address. This 5-part e-course will be sent to you over the next five days.

A sign-up form for a 5-part e-course. It features a blue arrow icon pointing left at the top left. The text reads: "Mom-N-Kids : Special 5-Part E-Course For You From 'Healthy Meals And Snacks For Your Family'". Below this are three input fields labeled "First Name:", "Last Name:", and "Email:". A prominent blue button with white text says "SIGN UP NOW!". Below the button, a link reads "We respect your email privacy". A blue arrow icon pointing right is at the bottom right.

Mom-N-Kids : Special 5-Part
E-Course For You From
"Healthy Meals And Snacks For
Your Family"

First Name:

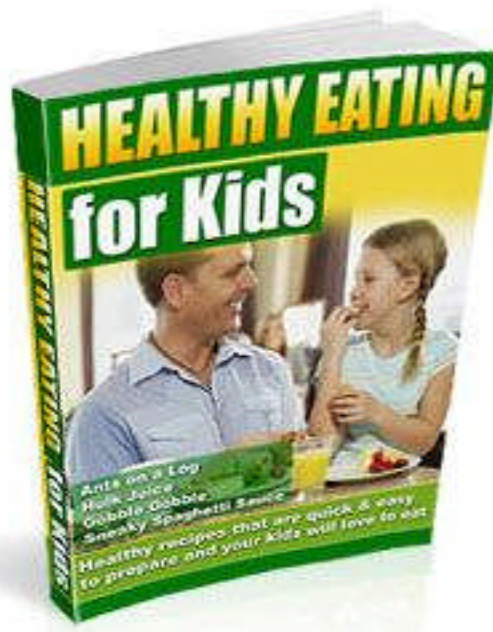
Last Name:

Email:

SIGN UP NOW!

[We respect your email privacy](#)

If you want to find more healthy recipes for children then please take a look at our companion product "Healthy Eating For Kids"



DISCLAIMER AND TERMS OF USE AGREEMENT

No part of this publication may be reprinted, reproduced, disseminated, or transmitted in any form by any means whatsoever, whether graphic, electronic, mechanical or otherwise, without prior written permission by the publisher. The contents of this publication reflect only the author's views.

Whilst every effort is made to ensure that the information presented in this publication is helpful and of high quality, no representation or warranties of any kind are made with regard to the completeness or accuracy of this publication.

Further, the author makes no representation whatsoever with respect to any results that may or may not be attained by the reader using the information provided herein. The reader is solely responsible for his or her use of the information contained herein and the author assumes no responsibility or liability with respect to same. The publisher and author disclaim any personal loss or liability caused, directly or indirectly, by the utilization of any information presented herein.

The author is not engaged in rendering any professional advice or service, legal, financial, medical or otherwise. The services of a qualified, professional person are recommended if any such advice or assistance is normally deemed to be required.

All product names and/or logos used throughout this publication are copyrights and trademarks of their respective owners.

The author and publisher do not warrant the performance, effectiveness or applicability of any sites listed or linked to in this eBook.

All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.

CONTENTS

Reasons to Eat Healthier as a Family	5
Eating Healthy Does Not Have to Mean Breaking the Bank	8
The Best Way to Start Eating Healthy is to Eat Together.....	9
Make Healthy Eating a Family Affair from Start to Finish	10
How to Create a Family Meal Plan	10
Weekly Meal Plan for the _____ Household	11
Healthy Meal & Snack Ideas	14
Family Friendly Recipes	18
Conclusion: It's Up to You	20

REASONS TO EAT HEALTHIER AS A FAMILY

Your family is your most important asset wouldn't you agree. You must be willing to invest in your children for the long haul in many ways in order for them to succeed to their fullest potential in life. You make certain your son(s) and daughter(s) have the best education, the safety of a roof over their head, clothes on their back, and the best you can give them in life all the way around. You spend time with them so they feel safe and secure, you laugh with them, play with them, keep them from getting hurt when they shouldn't and even know when to step back and let them make the mistakes they need to by themselves.

You're a great parent! You're kids are the most important thing in your life, but are you doing everything you can to make certain they are physically getting everything they need? I'm talking about the foods your children eat. Of course, you're making sure they are getting fed 3 times a day with snacks in between, but what do those meals consist of?

With all the talk of eating healthy these days, it's at the front of every parents mind. Parents are asking themselves questions like the following on a daily (sometimes hourly basis).

- Are my kids consuming healthy foods that will help them get through the day?
- Am I giving them all the nutrients and vitamins they need?
- I want my kids to be in good health when they get older, but am I getting them started on a healthy eating path that will carry them through the days when I'm not the one feeding them every single day?
- How do I get my kids to understand the importance of healthy eating?
- Is there a way to get my kids to eat well without a fight?

If you've asked yourself those or similar questions in the past, you're not alone. Every parent wants the best for their children. We want to be certain we're sending them out into the world as adults who can take care of themselves and lead a healthy adult life free of as many illnesses and injuries as possible.

There are a million reasons our families should eat healthy, but we'll tackle just 10 of them in detail right now.

1. **Gives Us More Energy** – As a mom or dad, you know just how important energy is. Keeping up with our children requires more energy than any of us has naturally. Instead of grabbing a quick burst with sugar, caffeine or energy drinks – eat healthy and watch your energy skyrocket the way it was meant to be. We're not meant to be dragging after an hour of baseball with our little ones or cleaning house. As for the kids, they have a natural source of energy, but when we give them sugary snacks all the time, we're setting them up for a hard and fast crash.
2. **Helps Us Look and Feel Better** – When you make it a habit to eat healthy, your family members will look and feel so much better. Your bodies will get the nutrients they need to keep hair and skin clean and fresh looking, muscles and brain function will improve and so much more. The goal of getting your family on a healthier eating track is not to look like runway models or body builders, but instead to exhibit an overall healthy appearance and attitude. Let's face it, if you have a teenage daughter you know how much nicer she can be when she looks and feels good about herself. Mom so do you, don't you? Now you can look and feel great without the sometimes costly price many pay to do it.
3. **Builds Positive Self Esteem** – This goes hand in hand with number two above, but especially for kids, self esteem is important. When you feel healthy, you feel better about yourself in general. Self esteem is something every child needs and starting a healthy eating habit in your home will help your child develop positive self esteem in various ways. Just a few of these ways include feeling better and communicating with and spending quality time with other family members on a regular basis.
4. **Means Fewer Doctor Visits** – We all need to visit a doctor at some point in our lives, but let's face it, when you're unhealthy you can spend a lot of time at the doctor's office. No one likes going to the doctor, but if you're not eating right and taking care of your body the way you should, you'll be seeing more of your physician than necessary.
5. **Lowers Health Care Costs** – In conjunction with fewer doctor visits, eating healthier can reduce health insurance and out of pocket expenses. Think about how many times your family members go to the doctor on a yearly basis. Every time you go, more than likely, you are paying a fee in order for your insurance to cover the rest. When you lessen the number of visits because you're healthier you keep more of that money in your pocket.
6. **Follows Children Through Their Adult Lives** – Creating habits early will help them stick with your children for the long haul. Healthy eating patterns are something we actually want our children to take with them when they leave home. Take the time to develop these habits now, before they are on their own eating fast food every night of the week.