

Does This Routine Sound Familiar?

Time	Feelings	Meal
8 am	"Have to get the test mark signed from arena...." "Where is my science assignment??" "Oh no, the school bus is here!!!"	No Breakfast I don't have time for it....
12:45 pm	"Eeeewwwwww... the same lunch as yesterday... So boring!!!!" "Maybe I'll head to the canteen with my gang?"	Plain Noodles, Potato Chips, Cola (can)
6:00pm	I am exhausted! Chaotic day My brain needs a break....	Bottomless Cola, Pizza, Large French Fries, Black Forest Chocolate Cake



Yeah Its Me!.....
Right ! This Book Is
Designed For You.....

For future Indians - from the researcher's desk Healthy Recipes, Tips & Much more..... for today's fast paced youngsters

Parents Are Role Models
A Must Read & Transform
For 6 to 17 years age group

Kids & Teens what you and your **Mother** Should Know Better About Food?



we are extremely happy to publish this first issue on

. This book is the result of over 12 years of research experience in the field of food, nutrition and dietetics with specific focus on pediatric nutrition. Today's children are not spared from the fast paced, stressful lifestyle faced by their parents. There is increasing 'pressure to perform' in their schools, a constant running around for cricket coaching, music classes, dance lessons and tuitions. Their eating choices have upgraded to swanky mall based outlets and fine dining western restaurants. And sure enough, this lifestyle has started taking a toll on them.

Research studies over the last 40 years have indicated that the proportion of children who are overweight or obese has significantly grown over the last two decades. While being deemed as 'lazy', or 'sluggish', many of us overlook tendencies of children being prone to eating disorders, depression and low self esteem associated with their body image, in addition to the major health hazards like increased diabetes, cancer and