



Brain Food: Recipes for Success for School, Sports, and Life

Vicki Guercia Caruana, Kelly Guercia Hammer

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Reports abound on the direct connection between how well kids eat and how successful they are at learning and competing in sports. But what should they eat? A nutritionist and an educator explain what to feed growing kids ages one to eighteen, including those with diabetes, food allergies, and AD/HD, to develop their maximum physical and mental potential. Meal plans and recipes showcase specific "brain stimulating" foods along with practical suggestions for preparing and serving brain foods (including snacks) that kids will actually eat.

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