



Little Sugar Addicts: End the Mood Swings, Meltdowns, Tantrums, and Low Self-Esteem in Your Child Today

Kathleen DesMaisons

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Sugar Is Not Love

Do you have a smart, creative, loving child who is also cranky, inattentive, and sometimes downright obnoxious? If you've written off this negative behavior as "typical" for your child's age—whether toddler or teen—stop and think: Does your child have a taste for soda, sugary breakfast cereals, and treats like candy and cookies? Does she eat regularly scheduled meals or skip them? What, exactly, does he drink and snack on throughout the day?

Your child's behavior may be linked to diet—specifically to the sugar in obvious sources like sweets and soda and to hidden sugars that lurk in many foods, fruit-based drinks, and "healthy" snacks like granola bars. And if your son or daughter is sugar sensitive, misbehavior and moodiness can be aggravated by missed or late meals and junk foods.

Now, bestselling author Kathleen DesMaisons offers you a workable solution for getting back your child by changing his diet—without creating a sense of deprivation, without setting unrealistic goals, and without turning sugar into "forbidden fruit." This book offers:

- A step-by-step program, backed by years of research, for gradually improving the food your child eats—you and your whole family will benefit!
- Tips for navigating the sugar-laden world of birthday parties, holidays, and school cafeterias
- Ways to incorporate healthy snacking and regular mealtimes into your child's day, including suggestions for meals and snacks, plus recipes

Little Sugar Addicts isn't about strange foods, dramatic lifestyle changes, or complicated menus—just support, guidance, and real-life suggestions from other parents that work. It will help you make the connection between the addictive qualities of sugar and negative behavior and offer a healthy solution you and your whole family can live with.

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