



Alimentação saudável na infância (Portuguese Edition)

Cláudia Lobo

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Todo dia surgem informações de como oferecer uma alimentação saudável aos filhos. Produtos que parecem ricos em nutrientes fazem sucesso, mas logo suas desvantagens são desmascaradas. Pensando nisso, a nutricionista Cláudia Lobo criou um guia para ajudar os pais a oferecer uma alimentação saudável às crianças. Mudança de hábitos, organização e perseverança são alguns dos ingredientes apontados por ela. Imperdível.

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