

HEALTHY FAMILY MEALS



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Berglind Sigmarsdóttir

190x235, 224p

Healthy family meals offers delicious recipes for the whole family to enjoy. The book also provides guidance and tips on how to reduce your child's sugar intake and improve their diet and lifestyle.

The book's author, Berglind Sigmarsdóttir, is a mother of four and a health & cooking enthusiast. When it comes to preparing healthy meals and adapting her children's favorite meals to a healthier diet, she's an expert. When creating the recipes she was assisted by her husband, Sigurður Gíslason, a member of the Iceland's national chef's team and together they've designed a wonderful lifestyle cookbook – filled with mouthwatering healthy meals and snacks that everyone can savor.

“An excellent book for those who want to change their family's lifestyle and serve healthy, delicious meals that are suitable for everyone”.

Jóhanna Vilhjálmsdóttir, news anchor

“Berglind has succeeded in combining great, helpful information with tasty and healthy recipes. This book belongs in every kitchen for it provides excellent recipes that tickle everybody's taste buds. Furthermore, this will also help those who deal with various types of food allergies or intolerances”.

Solla Eiriks, chef



About the author:

Berglind Sigmarsdóttir has been a cooking enthusiast for as long as she can remember. On top of that, she's married to a professional chef, so cooking is a big part of their life. At home, healthy ingredients and wholesome meals are a priority; especially since their oldest son was diagnosed with Tourette's syndrome. After a lot of research, Berglind realized that a healthy diet was the key to her son's well-being. After seeking help from specialists and researching all she could on nutrition, diseases, food allergies and intolerances - she completely changed the family's diet; improving her son's symptoms and disease a great deal. Berglind is now, more than ever, persuaded that a healthy lifestyle can improve and prevent a number of today's ailments and diseases; as well as bettering our physical and mental health.



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