



# Feeding the Future

## Clean Eating for Children & Families

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The concept of clean eating is becoming increasingly popular among adults, however it is children who are the most vulnerable to additives and nasty toxins such as sugar, found in unhealthy, processed, and fast food. Because children are still growing and developing, it's important they consume adequate vitamins and nutrients through their diets. Children are, after all, our future. The concept is simple: using fresh ingredients in their most natural state. We say goodbye to gluten, wheat germ, refined sugar, and genetically modified oils, as these can be addictive, acidic, deplete energy, and can cause sluggishness, mood swings, and hyperactive behaviour in children. *Feeding the Future* is a glossy lifestyle/cookbook filled with inspiring recipes that all children — from those aged two to grown-up “kidults” — will love. These recipes are clean, nutritious, and delicious, as well as being easy to make. The book is the perfect tool for health-conscious and time-poor parents.

**Tali Shine** is a wellness writer and health consultant based in London. She was the head of health and wellness at London's prestigious South Kensington Club, as well as responsible for the menu for clean-eating franchise, Counter Kitchen. Tali writes about health and beauty for a number of magazines, including *British Vogue* and *Australian Harper's Bazaar*. **Lohralee Astor** is a highly sought-after London-based nutritional therapist with profound clinical experience, who has advised an array of celebrities and dignitaries. This mother of two children also has a Diploma in Nutrition from the College of Naturopathic Medicine in London.