



# Healthy Cooking for My Kids

Preventing Obesity Starts at an Early Age

Kristel Prof. De Vogelaere

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- Obesity expert Prof. Dr. Kristel De Vogelaere combats the upcoming childhood obesity problem
- Explains why avoiding obesity has to start from a very young age
- Includes a lot of background information on the phenomenon, and lots of recipes

More and more children are overweight. What they are eating is very important for them, as well as for children of normal weight. Surgeon, weight loss specialist and amateur chef Kristel De Vogelaere sees heavy children combating this chronic disease on a daily basis in her consultations. Obesity is absolutely not risk free! Overweight children have a higher chance of developing health problems, and therefore it is more than necessary that obese children are offered help and that attention is paid to prevention. In this second book, Prof. De Vogelaere would like to offer insight to you, the parents, about the causes and consequences of obesity so that you can help your children counter it from a young age. This book will help you along by offering recipes and practical tips for learning healthy food habits and a healthy lifestyle together with your children. Going down this road together lightens the load and leads to a healthier family as a whole.

Prof. Kristel De Vogelaere (born 1968) is an abdominal and bariatric surgeon at Edith Cavell Hospital in Ukkel, Brussels (CHIREC). As a mother of three, she wrote her second book, following the bestseller Good Food after Weight Loss Surgery, ISBN 9789401428132 as an educational cookbook with an extensive introduction about obesity in children, filled with healthy recipes that are good not just for the children, but for the whole family.