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The Diet For Teenagers Only



Synopsis

"Here's the deal. You are in the biggest, most important growth spurt of your life. This is the most critical time for you to learn to eat right and treat your body with the respect it deserves." —from *The Diet for Teenagers Only*

Teenage girls face a relentless assault on their self-esteem: television, the Internet, and magazines all barrage young women with images of perfection—and that perfection is closely linked with being thin. Over the last decade, this has led to larger health issues like eating disorders and even increased obesity. In *The Diet for Teenagers Only*, Carrie Wiatt and Barbara Schroeder give teenagers the dietary weapons they need to fight back and make smart, independent decisions by answering their most burning questions: Just what is a calorie, anyway? What's the best way to lose ten pounds? Or do I really need to lose that weight? I think I may have an eating disorder. What should I do? I hate eating breakfast. Can I just skip it? A breakthrough diet plan specifically tailored for teenagers and their rapidly changing bodies and lifestyles, *The Diet for Teenagers Only* is written in a conversational, lighthearted voice. Filled with practical tips and must-have information, you'll find: color cutouts of favorite foods that clarify what portion sizes should look like recommended 7-day meal plans for different calorie needs—and create-your-own-menu options easy-to-follow recipes and grocery shopping tips a complete illustrated exercise program to boost energy and strengthen young bodies a personal food diary for charting daily progress

For teenagers who struggle with food and their weight, or for those who simply want a head start on designing a smart and satisfying lifestyle, *The Diet for Teenagers Only* serves up fun, safe, and inspirational ways to be healthy without losing sight of the larger picture: While striving to improve your body can be a very healthy goal, learning to love your body is a far more important achievement—and one that will last a lifetime!

Book Information

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Age Range: 12 - 17 years

Grade Level: 7 - 12

Customer Reviews

Tailored for 13- to 19-year-old girls (sorry, guys) *The Diet for Teenagers Only* dishes up a sensible balance of recipes, weight loss strategies, and straight talk about food. Writing partners Carrie Wiatt (*Eating by Design*) and Barbara Schroeder convey all the messages nutrition-wise moms want their daughters to hear--in an informed, best-friend voice their teens will actually listen to. Trust builds as readers discover "Things They Never Told You;" like how puberty naturally increases a girl's body fat, diet soda promotes weight gain, and carbohydrates aren't all bad. No mention of ideal weight spoils the fun, here; rather, Wiatt and Schroeder utilize an age-appropriate BMI (Body Mass Index) to help judge who's truly overweight and who simply needs "a better body image reality check." Doodled stars and hearts further enliven the book's chummy tone, but never upstage the important stuff: food portion guides; nutrients for healthy bodies; calorie requirements based on BMI ranges; low-fat cooking techniques and recipes; weekly menus and shopping strategies for weight loss; and discussions about how a teen's emotions often drive her eating cycle. Q & A sections slip between meatier chapters, allowing tough issues like fasting, cravings, and eating disorders to be addressed with empathy and pragmatism. Surprisingly helpful are the restaurant and vending machine guidelines, featuring side-by-side substitution lists, titled "Eat This" and "Not That". Brimming with loving encouragement and the wisdom of gals who have been there, *The Diet for Teenagers Only* sends a clear message to girls: form good habits now.--Liane Thomas

Barbara Schroeder is an Emmy Award-winning journalist who has written for magazines and worked with the national television show *Extra!* She is a documentary film maker and lives in Los Angeles. She has a teenage son and daughter and four step-children, who are all learning about eating the "healthy stuff!" Carrie Wiatt is the author of *Eating by Design* and *Portion Savvy* and the owner of Diet Designs, Inc., a nutritional counseling firm and diet gourmet food business. She appeared as a dietary expert on *The View* and *Good Morning America*. Wiatt has a master's degree in nutrition and food science and lives in Los Angeles, where she is raising her daughter to eat right . . . from the start.

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