



Red Light, Green Light, Eat Right: The Food Solution That Lets Kids Be Kids

Joanna Dolgoff

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Childhood obesity has reached epidemic proportions: More than 18 million American children are considered obese and are at risk for health problems. In fact, today's generation of kids may be the first to experience shorter life spans than their parents.

Leading pediatrician Dr. Joanna Dolgoff's *Red Light, Green Light, Eat Right* teaches kids how to make healthy choices based on the principles of the traffic light: green light foods are nutritious, yellow light foods are eaten in moderation, and red light foods are occasional treats.

The program, which has a proven 96 percent success rate, can be tailored to suit any child's age, gender, and weight goals. Snacks and meals are designed to ensure that kids get the nutrients they need to not only lose or maintain weight, but to grow strong, healthy bodies. Complete with sample menus, recipes, and an index of more than 1,000 color-coded foods, *Red Light, Green Light, Eat Right* provides a practical solution for one of the biggest health crises facing America's children.

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