

Mi niño, ¿es obeso?

Is My Child Obese? Advice to mothers and fathers for preventing obesity i

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This is a book for parents, written in language easy to understand but offering in-depth information of this chronic condition. Obesity can be prevented with a good knowledge of the factors which produce it in the modern world, where there is excess consumption of saturated fats and simple carbohydrates and too little fruit, green and other vegetables, where sedentary habits are common and obesity has become pandemic. This work fills a gap in the market, informing parents through questions to which the authors give clear, precise answers. They also offer valuable help about designing a healthy diet for children.

Overweight children are prone to certain medical problems, including respiratory disorders, high cholesterol and triglyceride levels, early-onset puberty, a greater risk of adult obesity, bone and joint conditions. It can also increase the risk of adult cancers, cardiac disorder

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