



Simple Food FOR BUSY FAMILIES

The Whole Life Nutrition Approach

Jeannette Bessinger, CHHC, and
Tracee Yablon-Brenner, RD, CHHC
(aka “the Real Food Moms”)

**“This is a thorough, intelligent, and original
food book—one of the best I’ve seen.”**

—Annemarie Colbin, PhD, founder and CEO of the
Natural Gourmet Institute for Food and Health

Unhealthy eating habits plus a hectic and sedentary way of life has created a health crisis in this country. Fueled by fast and processed foods, obesity and diabetes are on the rise and 23.5 million American children are currently overweight. From a health perspective, this lifestyle isn’t working and yet today’s families still need to function in a fast-paced world. Most parents have no idea where to turn for *real* solutions.

Simple Food For Busy Families shows them how to best feed those they want to nourish most. Written by nutrition educators Jeannette Bessinger and Tracee Yablon-Brenner, aka “the Real Food Moms,” this one-stop shopping resource and cookbook provides convenient cooking solutions based on fresh, healthful ingredients and sound nutritional science. Filled with quick tips for preparing wholesome meals on a workaday schedule, *Simple Food For Busy Families* serves up 65 versatile recipes—palate-pleasing meals, snacks, and sweets that are easy to prepare any day of the week—as well as everything parents need to know to make smart, healthy choices for themselves and their families.

As working moms, Bessinger and Yablon-Brenner spent years developing real strategies that work in the real world, for their own families and for others. Part lifestyle-balancing guide, part innovative cooking tool, *Simple Food For Busy Families* is the easiest way to make simple, healthy cooking part of everyday life.

Jeannette Bessinger is a mother of two, board-certified holistic health counselor and educator, and owner of Balance for Life, LLC, a healthy lifestyle and nutrition consulting business. She lives in Portsmouth, Rhode Island.

Tracee Yablon-Brenner is a single mother of two, registered dietician, board-certified holistic health counselor, and owner of Nutrition is Healing, a private nutrition counseling practice. She lives in Haworth, New Jersey.

Both authors are available for interviews.
For more information, visit www.realfoodmoms.com

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