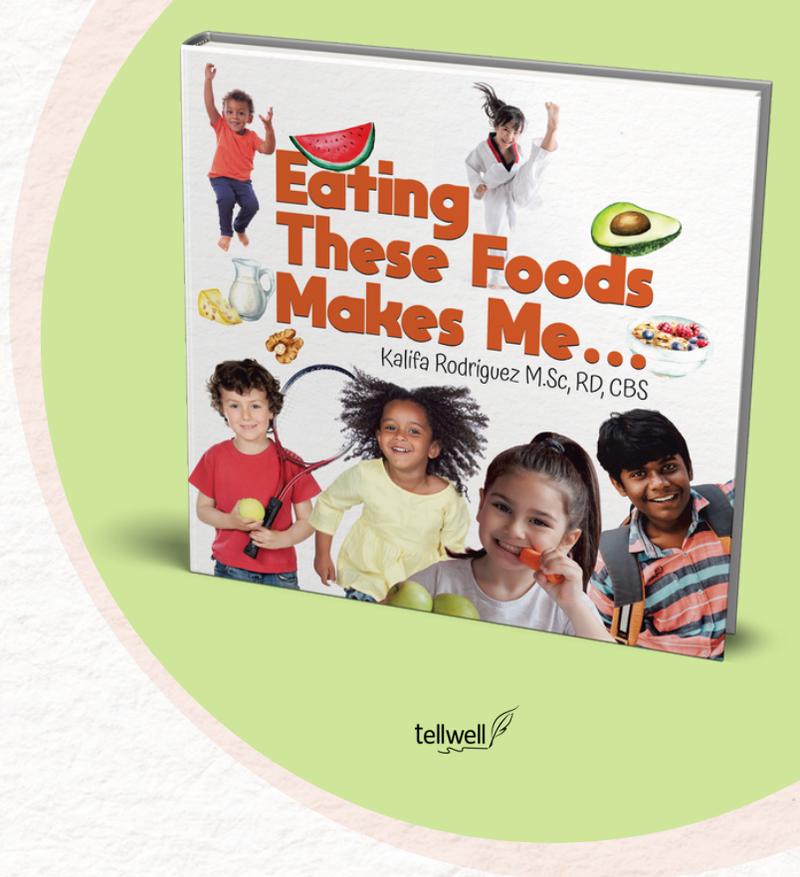


# Eating These Foods Makes Me...

Kalifa Rodriguez M.Sc, RD, CBS  
Illustrated by: Madeleine

Is your kid a picky eater? Do you want your child to enjoy eating a variety of foods? Reading can be a proactive way to introduce your little one to the amazing world of nutrition! In this book, readers will explore healthy foods and learn how key nutrients benefit the body. These pages repeat positive affirmations that will empower and build your child's mindfulness about the foods they eat.

It is never too early to instill life-long healthy eating habits. Happy reading! Or should I say, happy eating!



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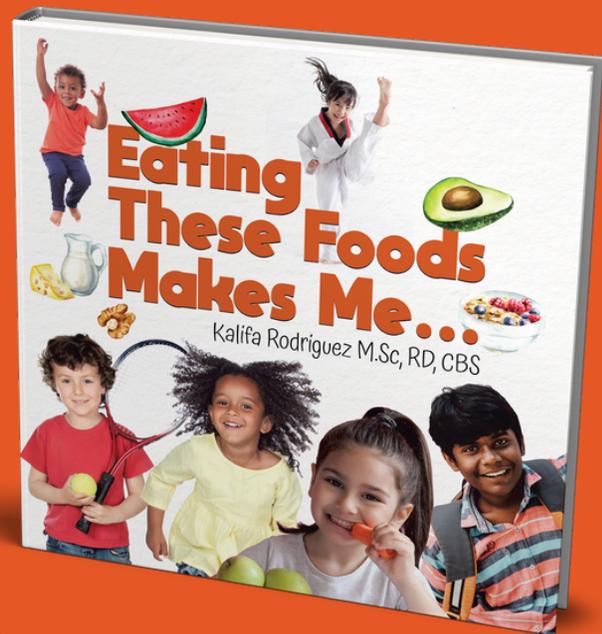


## About the Author

Kalifa Rodriguez is a registered dietitian and certified breastfeeding specialist. She currently works as a clinical nutritionist in Montreal, Canada. After receiving her bachelor's degree in nutritional biochemistry, she went on to complete a master's degree in human nutrition and dietetics at McGill University. Kalifa is passionate about promoting healthy lifestyle choices through nutrition, exercise, and mindfulness. She also hopes to leave a positive impact in the community through her work by giving nutrition education sessions to community groups and organizations. Kalifa and her husband are parents to their delightful toddler, who is the inspiration for this book.

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