

This website idea deals with information about healthy food!

Good idea for a project.

[PetitGastronome.com](http://PetitGastronome.com)  
no longer exists

# Petit Gastronome

Building healthier generations one meal at a time!

About us Nutrition topics Healthy Recipes for Kids Balanced Menus Our Club Contact Us

Our Mission and Values

Who Are We?

## e Petit Gastronome's website!

Posted on **November 22, 2011**

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Welcome to the Petit Gastronome's website! Our scientific knowledge combined with our personal experience as pediatricians, parents and gastronomes will allow us to transmit information on health and nutrition, provide nutrition guidelines as well as nutritional advice that will help you raise a healthy family. Because your child's health is what matters the most to you, we will help you create well balanced, varied and tasty menus that will keep your little one happy and healthy and more importantly, that he will enjoy eating!

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Nutrition Guidelines By Life Stage



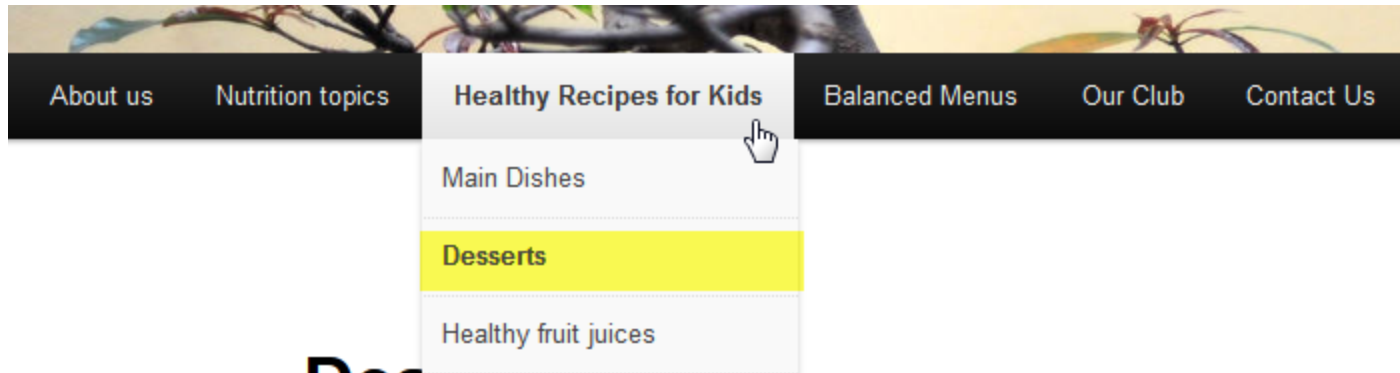
Nutrition Concerns

Adopting good eating habits during pregnancy

Introducing solid foods

Kids' food pyramid: Do you know what it is and how to use it?

**Nutritio**

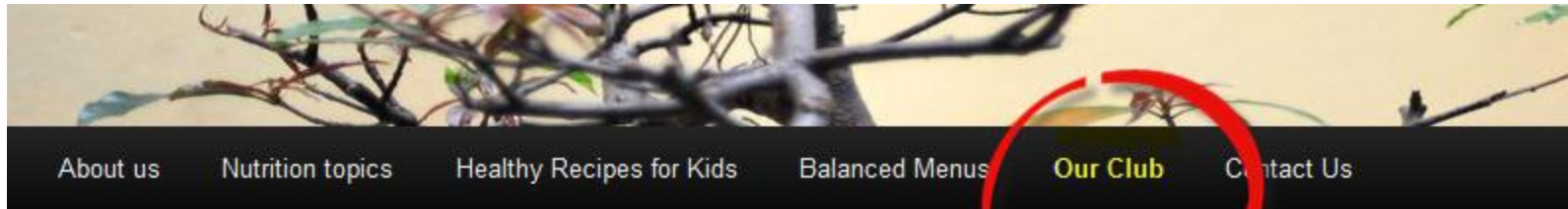


# Desserts

## Simple homemade healthy desserts for kids

At home, you can make simple and healthy desserts for your children. Healthy children are on the move all the time and as they grow up, they need sugar to get enough energy. Do you know that almost every food, except meat, contains sugar? Children need sugar to grow up. The most important thing is to let your children eat healthy food in general and there is no worry in letting them eat the simple desserts from time to time; especially those that are homemade and healthy.

Since you must have social media.... This page allows it.



*Good Page for Social Media*

## The Petit Gastronome's Club

Welcome to the **Petit Gastronome's Club!** It is totally free and as a member, you will never be asked to recite the health benefits of every vitamin and mineral known to mankind! Our expectations are quite simple: You will simply have to commit to improve the eating habits of your little ones. Promote healthy nutrition is all it is about!

So you

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[Healthy Recipes for Kids](#)

[Balanced Menus](#)

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## Contact Us

You want to create well balanced, diversified and healthy menus for your children?  
Do not hesitate to call to schedule an appointment and come meet us:

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Cj 114

Vila Nova Conceição, Sao Paulo

**Tel: 11 3567-5677**