



# Portion Size Me: A Kid-Driven Plan to a Healthier Family

*Alexandra Reid, Marshall Reid*

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## **Make a Simple Change That Makes a World of Difference!**

Tired of being picked on, unhappy with his appearance, and feeling down on himself, Marshall Reid decided to **change his lifestyle** and demanded that his family help him along the way. His plan was **simple**. For thirty-one days, Marshall made a conscious decision about every piece of food he put into his body.

An idea was born. For an entire month, the Reids as a family "**portion sized**" themselves. Weary of trying to follow strict, depriving diets, they instead paid close attention to how they ate by **looking at portions, reading labels, and learning about ingredients**. In the process, they came to know so much more about each other-and about themselves.

Follow Marshall and his family on their journey and learn the helpful and healthful tips and tricks they used to **create a whole new lifestyle**. Marshall knew his plan wouldn't always be easy, but his safe advice and **kid-friendly tips** will have your child eager to **take charge in the kitchen, and in life as well!**

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