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Betsy is the author of *The Dinner Diaries: Raising Whole Wheat Kids in a White Bread World*. Her book received a starred review from *Publishers Weekly*, it was *Family Circle's* Book Pick of the Month, the *Progressive Book Club's* Staff Pick, and it was featured in *Everyday with Rachael Ray*, *The Boston Globe* and *Washington Post*.
[Dinner Diaries - by Betsy Block](#)

[The Dinner Diaries: Raising Whole Wheat Kids in a White Bread World From Algonquin Books](#) A harried married mother of two, Betsy Block is in pursuit of the perfect family meal: local, toxin-free, humane, and healthful.

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[The Dinner Diaries Review by Richard L. Weaver II, Ph.D.](#) In this 261-page book, Block, a former writer of food features and restaurant reviews for the *Boston Globe*, offers an extremely readable, relevant, reliable, and relatable set of suggestions that are both humorous and informative.

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Betsy Block in *The Dinner Diaries* has done an amazing job of giving creative tips, nutritional information, and relating her adventures on the road to feeding her family in a more healthful way. The book is funny, honest, and full of excellent advice that any mother will appreciate."

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[The Dinner Diaries Review by Richard L. Weaver II, Ph.D.](#) In this 261-page book, Block, a former writer of food features and restaurant reviews for the *Boston Globe*, offers an extremely readable, relevant, reliable, and relatable set of suggestions that are both humorous and informative.

Betsy Block (Author of The Dinner Diaries) - Goodreads

Betsy Block is the author of The Dinner Diaries (3.07 avg rating, 138 ratings, 46 reviews, published 2008) and Having a baby in Denver (0.0 avg rating, 0

Betsy Block - the Dinner Diaries

September 2008 The Dinner Diaries is Family Circle's "Book Pick of the Month" for September, 2008. "Betsy Block's one-woman quest to get her family to eat better is a funny, honest look at what it takes to put a truly nutritious meal on the table--and have it enjoyed too."

The Dinner Diaries (eBook) by Betsy Block (Author)

With helpful charts, food lists, recipes, tips, and suggested culinary and farm programs for kids, The Dinner Diaries chronicles one family's intrepid ten-month challenge to change the way they eat one forkful at a time.

The Dinner Diaries: Raising Whole Wheat Kids In A White ...

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