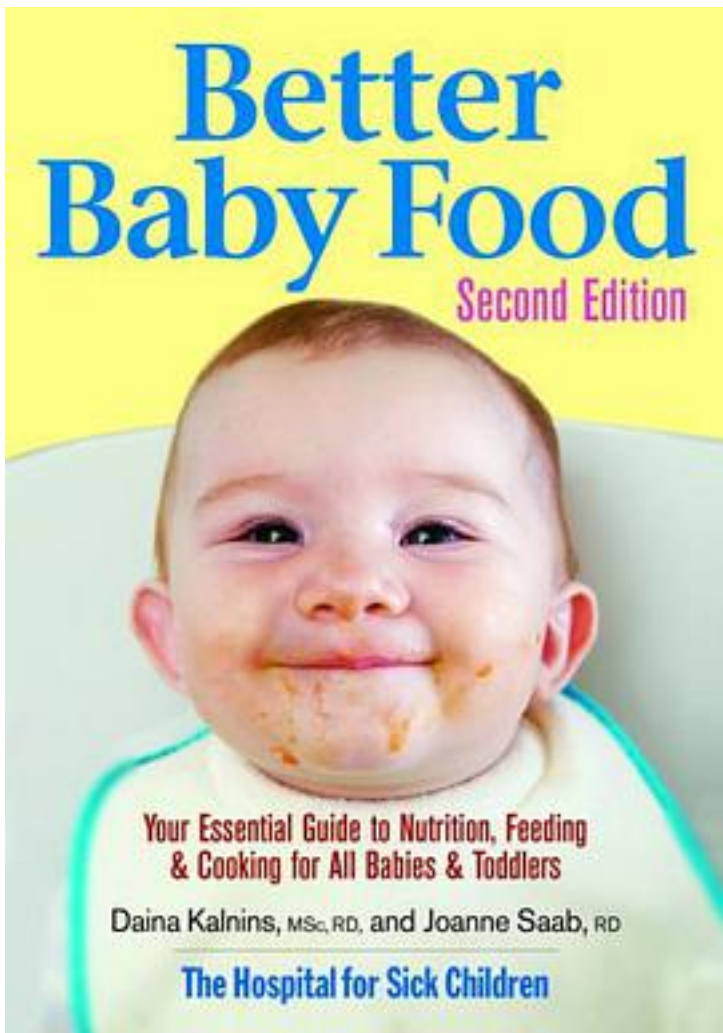


Better Baby Food



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Every parent wants his or her children to have the best possible diet, particularly in

those all-important first years of life. But parents are not nutritional experts. So how do they know if their babies and toddlers are getting all the nourishment they need? This book is a complete, authoritative guide that takes the guesswork out of feeding young children - from birth to 24 months and beyond. Containing nutritional advice in brief, it also presents information on breast milk, infant formula, introducing solids, time for table food, toddler years, adverse reactions to food, and nutrition facts. An essential guide to nutrition, feeding and cooking for all babies and toddlers, it features recipes for breakfast, lunch, dinner, snacks, and desserts. Presenting over 200 easy-to-prepare recipes, organised by meal type and age range, it specifically talks about recipes for Overnight French Toast, Children's Cheese Kebabs, Square Chicken Meatballs, Baby's First Birthday Cake, Homemade yoghurt, and Homemade Baked Beans.

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