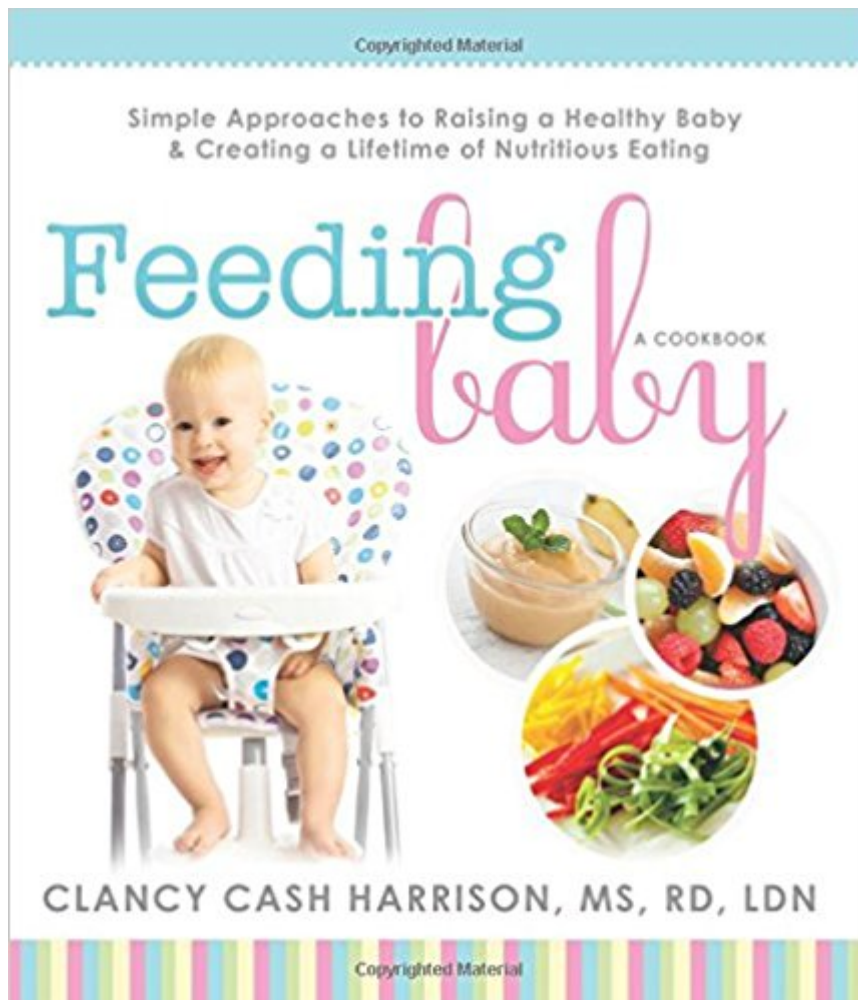




The book was found

Feeding Baby: Simple Approaches To Raising A Healthy Baby And Creating A Lifetime Of Nutritious Eating



Synopsis

Your baby deserves the best in life-food is no exception! Feeding Baby is the ultimate guide to preparing and feeding wholesome foods for your infant, with helpful nutritional tips, picky eating solutions, and over 80 recipes. Once you discover how easy and affordable it is to make baby food at home, you'll take comfort in knowing your child is receiving the best nutrition possible.

Book Information

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Customer Reviews

Feeding baby offers simple approaches for raising a healthy baby and creating a lifetime of adventurous eating. It is the ultimate parenting resource for preparing wholesome foods with over 80 recipes designed to build powerful brains, dense bones, tough immune systems and strong muscles. Feeding Baby is more than a cookbook. It is a trusted guide to help parents encourage their baby to self-regulate food intake and self-feed according to hunger feelings and developmental skills. Feeding Baby also promotes the use of a sensory rich diet to teach flavor preference by adding a variety of textures, colorful produce, fresh herbs, and mild spices to baby food. Parents take comfort in the advice offered to minimize picky eating habits and prevent childhood obesity.

--Rachelle Rosencrance (Verified Review) This book takes me back to my childhood when my mother practically prepared all of our food from the huge vegetable garden we had every year. All dishes were made from fresh fruits and vegetables when in season or from canned or frozen products prepared directly from the garden. As kids we all pitched in to help "Mama" prepare the meals, which contributed to our close family relationship. All four of us grew up healthy. Feeding Baby is not only very well written, but offers a wealth of knowledge regarding the nutrition that goes

into every recipe. The dishes are delightful, the book promotes healthy living, family unity and it is just a fun book. I have given six books a gifts and everyone loves them. --William Cash (Verified Review) This book is the one dietitians have wanted to give to all mothers! I have had the privilege of working with Clancy Harrison, and the book reflects the passionate, thorough professional that she is. For all parents trying to start babies off to a lifetime of healthy eating, the din of opinion, fact and fallacy leads them to a very stressful navigation. This book gently guides, inspires, and educates, so parents can be confident they are making the best choices for their little ones. Bonus - it is a delicious journey for the whole family! --Ewilsonrd (Verified Review)

Ok, I really like this book for the recipes. However, you might not want to go here if you are someone who super easily suffers from mom guilt, because this book will probably give you a lot of anxiety. It is pretty heavy handed on its recommendations for your baby to eat organic produce, pastured meats, etc. and when I first read it I just about had a panic attack thinking I was going to be a bad mom if I ever fed my baby something from a jar or (gasp!) conventional produce. After a while I came to my senses and realized that it was going to be okay to find a happy medium. I try to make most of my baby's food and use mostly organic products, and once I just accepted that as good enough, I really enjoyed this book. I love the philosophies it contains regarding how to raise a child with a healthy attitude towards food, and its encouragement to keep trying with different foods even if your baby does not initially like them. I have made many of the recipes in the book and my baby likes most of them a lot!

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Every mom out there, PLEASE read this book so I can have friends over without having to prepare 5 different things for their kids!

I found this book to be very helpful as a new mom. The advice is practical. The author brought peace of mind when it came to feeding my baby. She approaches the entire eating process by creating a positive emotional and physical feeding environment. I love the idea of adding fresh herbs to baby food (homemade or commercial) to help expand my daughter's palate. I highly recommend this book to any mother (experienced or new).

LOVE LOVE LOVE!! This is the BEST baby cookbook I have ever seen. The recipes are amazing and the author's take on children's nutrition is both down to earth and inspirational- which is the perfect match for a busy mom. I got the book a couple of days ago and I haven't been able to put it down. As you read "Feeding Baby" it is completely obvious how much work and thought went into it. This book wasn't just slapped together to make a quick buck- it is a masterpiece- the author's passion comes through on every page. This would make a perfect gift for a new mom and even if you have been through the baby feeding thing before like I have- I feel this book can really help guide your hand the second or third time around- its influence can only be positive really- enjoy enjoy enjoy!

Lots of yummy looking recipes. I even want to try some of them myself. So far baby has been a

great eater and I think he will like some of these combinations.

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