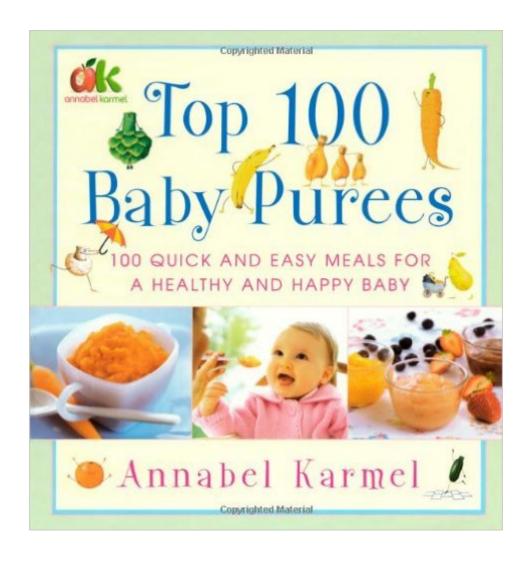
The book was found

Top 100 Baby Purees





Synopsis

Babies grow more rapidly in their first year than at any other time in their lives, so how you feed your newborn will be one of the most important decisions you make for your new baby. Making your own baby food is not only more economical than buying commercial brands, it also assures that your child consumes only the freshest, top-quality ingredients. British television personality and children's nutrition expert Annabel Karmel's essential collection of best-ever purees grants new parents their wish: one hundred quick and easy recipes that will make for a healthy and happy baby. From first tastes and weaning, right through to meals for older babies, all the recipes are suitable for children aged six months and older. And with all these fruit and vegetable favorites, and innovative fish, meat, and chicken purees, the dishes are so tasty you will want to eat them yourself! In addition to easy and delicious recipes, Top 100 Baby Purees also includes information on: Weaning your baby and transitioning to solid foods Food allergies Time-saving food preparation tips Freezing and reheating your homemade baby food Tricks on finding the hidden nutrition in everyday foods Featuring a preface by Dr. Michel Cohen, New York pediatrician and author of The New Basics: A-to-Z Baby & Child Care for the Modern Parent

Book Information

Hardcover: 128 pages

Publisher: Atria Books; First Edition edition (March 21, 2006)

Language: English

ISBN-10: 0743289579

ISBN-13: 978-0743289573

Product Dimensions: 7.5 x 0.7 x 7.5 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars Â See all reviews (553 customer reviews)

Best Sellers Rank: #9,735 in Books (See Top 100 in Books) #7 in Books > Cookbooks, Food &

Wine > Cooking Methods > Organic #8 in Books > Cookbooks, Food & Wine > Special Diet >

Baby Food #69 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

I keep seeing people warning against some of the ingredients included in recipes in this book. It is true that as mothers we must use caution when it comes to what our children consume. But keep an open mind ladies (and gentleman) The AAP has set guidelines that we have considered the standard for many years HOWEVER, those guidelines have recently begun to be revised... fish,

eggs, citrus and dairy were considered no no's for children under the age of one in previous years, however, if you child has no history of food allergies, and you have no family history of specific allergies (IE citrus, or eggs) then the introduction plan of 1 new food, for 3 -4 days watching for signs of allergic reaction is completely safe. One of the reason the AAP recommends holding off on fish although EXCELLENT for developing baby's eye, brain etc. because of the high concentration of Omega 3 fatty acids... is because conventional store bought/farm raised fish can have toxic levels of mercury and other chemicals in them. If you're going to introduce fish to baby, ALWAYS use wild-caught/organic white fish. There is also MUCH research coming about indicating that introducing these foods at an earlier age then 1 year DOES NOT prevent a food allergy. Generally if they are going to have one, it's there after the age of 9 months when babies begin to completely rely on their own immune systems and not the antibodies in mothers milk. I'm not saying this to combat others comments, just to bring peace of mind that if you feel as though your child is healthy, and has no health complications (such as known family history) or indicators of food sensitivity's (such as eczema which can indicate a milk protein, soy, or gluten allergy) reflux (you'd want to stay away from the citrus, tomatoes and high acid content foods)etc... GO FOR IT!

Download to continue reading...

Top 100 Baby Purees 201 Organic Baby Purees: The Freshest, Most Wholesome Food Your Baby Can Eat! McGraw-Hill Education: Top 50 ACT English, Reading, and Science Skills for a Top Score, Second Edition (Mcgraw-Hill Education Top 50 Skills for a Top Score) McGraw-Hill Education: Top 50 ACT Math Skills for a Top Score, Second Edition (Mcgraw-Hill Education Top 50 Skills for a Top Score) The Amazing Make-Ahead Baby Food Book: Make 3 Months of Homemade Purees in 3 Hours The Wholesome Baby Food Guide: Over 150 Easy, Delicious, and Healthy Recipes from Purees to Solids Sneaky Blends: Supercharge Your Health with More Than 100 Recipes Using the Power of Purees Baby Shower: Baby Record Book. Activity Journal, Message Book, Guestbook, Journal, Pregnancy, Motherhood, Mum, Mother, Dad, Father, Baby, Girl, Boy, ... With 20 Baby Shower Games, 8x10in (Volume 3) Windows Vista: Top 100 Simplified Tips & Tricks (Top 100 Simplified Tips & Tricks) Making the Most of Your Food Processor: How to Produce Soups, Spreads, Purees, Cakes, Pastries and All Kinds of Savoury Treats. Baby's Box of Fun: A Karen Katz Lift-the-Flap Gift Set: Where Is Baby's Bellybutton?; Where Is Baby's Mommy?: Toes, Ears, & Nose! Bright Baby Touch & Feel Baby Animals (Bright Baby Touch and Feel) Hello Baby! Baby Book: A Keepsake Journal for Baby's First Year New York Baby: A Local Baby Book (Local Baby Books) The Baby-Sitters Club Super Special #11: The Baby-Sitters Remember (The Baby-Sitters Club Super Special series) Baby Names: Your Guide to Selection and Meaning (Baby, Names,

Meanings, Girls, Boys, Origins, Popular, Book, Baby Names) 100,000 + BABY NAMES: The Most Complete Baby Name Book 100 Write-and-Learn Sight Word Practice Pages: Engaging Reproducible Activity Pages That Help Kids Recognize, Write, and Really LEARN the Top 100 High-Frequency Words That are Key to Reading Success Every 100 Years - The Woody Guthrie Centennial Songbook: 100 Years - 100 Songs Top-Requested Christian Sheet Music: 16 Popular Praise Songs for Worship (Piano/Vocal/Guitar) (Top-Requested Sheet Music)

<u>Dmca</u>