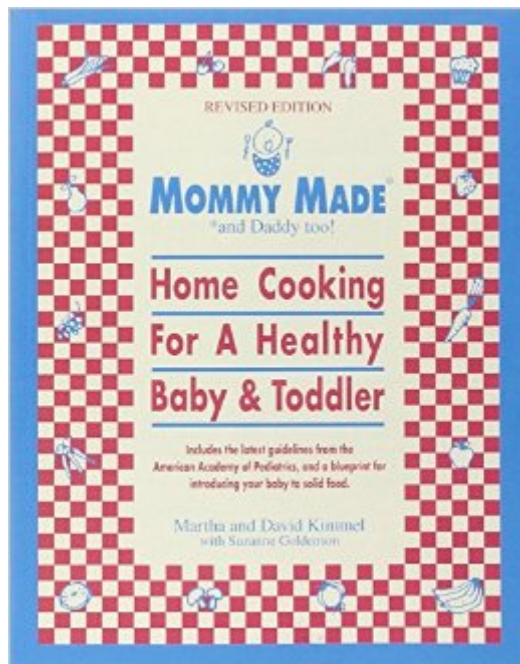


The book was found

Mommy Made And Daddy Too! (Revised): Home Cooking For A Healthy Baby & Toddler



Synopsis

Everyone loves a home-cooked meal--even babies and toddlers! Experts agree that homemade baby food is the healthiest way to feed young children. By making their own baby food, parents can drastically reduce the sugar, salt, artificial colors, fillers, additives, and preservatives in their child's diet. And now making baby food from scratch has never been easier--with this practical, user-friendly cookbook by Martha and David Kimmel, founders of the phenomenally successful Mommy Made* line of baby and toddler food. Updated for a special 10th anniversary edition, Mommy Made* is filled with 140 easy-to-make recipes that are perfect for introducing your baby to wholesome solid foods. These delicious, kid-tested dishes--which include finger foods, shakes and smoothies, snacks on the go, spoonable treats, and a variety of table dishes--were created with your baby's special nutritional needs in mind, and will help your child establish healthful eating habits that will last a lifetime. Mommy Made* also includes: Nutrition advice from birth to three years--incorporating guidelines from the American Academy of Pediatrics A blueprint for when and how to get your baby started on solid food Answers to parents' most frequently asked questions: from milk and protein needs to determining portion size, preventing "hunger strikes," and detecting food allergies Tips on pureeing, straining, and mashing, as well as storage, thawing and reheating, and using the microwave A handy nutrition glossary, food pyramid, and list of helpful websites And much more!

Book Information

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Customer Reviews

I bought this book with Ruth Yaron's Super Baby Food book several months ago, and while the

Yaron book is in mint condition from lack of use, this one is dog-eared and stained with pureed squash, peas, and apples. This book has a wonderful approach and gives great guidelines for preparing your own baby food. It's really very easy to do and doesn't take much time at all. I love knowing what my baby is eating and not being afraid to try the food I'm giving him. We still have the jars of food for when we go out, but primarily he gets fresh fruits and veggies that I steamed & pureed myself. My husband was a little skeptical of my making our own baby food at first, but now he is a big fan. It is incredibly easy for him to take a couple of cubes out of the freezer, defrost & feed to our son (I make a batch and freeze them in ice cube trays, then put them in labeled freezer bags). Plus, unlike the jarred food, you don't have to worry about opening a jar & using it within 2 or 3 days; you can just defrost a cube at a time. It's also very cost-efficient to make your own baby food because whereas a jar of carrots may cost \$\$\$ (if you get the organic kind), you can make the equivalent of 7 or 8 jars for less than \$\$\$\$. One big difference we noticed was in the peas -- I bought an emergency jar of organic peas and it was a slimy olive green color (my friend's baby wouldn't touch the stuff). I then made my own from a bag of frozen organic peas and they came out bright green -- like they should be. And they're a thicker consistency that my son appreciates. Another difference we noted was in the squash- the jarred kind smells faintly of cinnamon. Supposedly it's just squash & water, but when I made my own it didn't smell that way. I don't 100% trust what's in the jarred foods.

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