



Best Food for Your Baby and Toddler

By Jeannette Bessinger, Tracee Yabon-Brenner

Sterling Publishing Co Inc. Paperback. Book Condition: new. BRAND NEW, Best Food for Your Baby and Toddler, Jeannette Bessinger, Tracee Yabon-Brenner, This is the definitive guide to infant and toddler feeding - from first foods to meals children will love. It teaches parents how to select the right food, establish smart eating routines and introduce a wide variety of tastes and textures. To ensure that baby gets the best, most wholesome and natural food possible, go homemade! The newest entry in the acclaimed "Great Expectations" series focuses on easy preparation of nutritious baby and toddler meals at home - from the first finger-foods to more than 130 delicious kid-tested recipes that will lay the foundation for a lifetime of healthy eating. It also explores today's most pressing nutrition issues: should you buy only organic food and is a vegetarian diet good for a very young child. Additional resources include information on breastfeeding and food allergies, as well as a comprehensive listing of products that make healthy eating faster and easier.

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