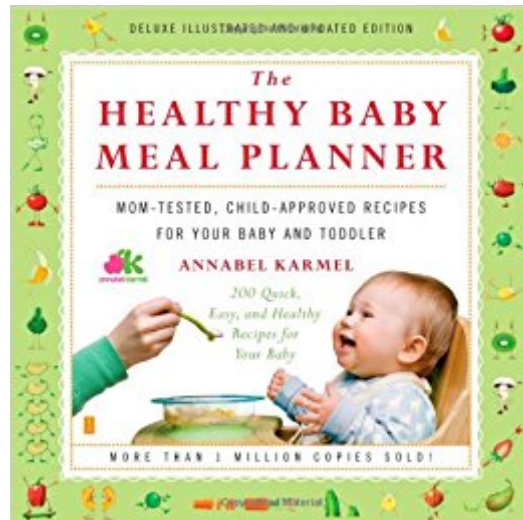


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# The Healthy Baby Meal Planner: Mom-Tested, Child-Approved Recipes For Your Baby And Toddler



## Synopsis

Start your baby on a lifetime of healthy eating Commercial baby food may seem healthy and convenient, but a meal prepared at home with fresh, high-quality ingredients is still the most nutritious one you can give your child. Preparing your own baby food is quick, easy and much more affordable than you might think. It is certainly the best way to cultivate healthy eating habits in your infant or toddler. Since it was published in 1991, Annabel Karmel's book has become the definitive, essential guide to feeding babies and young children and is used by pediatricians, nutritionists, and mothers around the world. Now fully revised and updated, *The Healthy Baby Meal Planner* will show you which foods are appropriate for each stage of a child's development from infancy to age three. Also included: Latest information on food allergies and infant nutrition Time-saving preparation tips and recipe ideas for special occasions Advice on introducing new tastes and textures to infants and toddlers How to make appealing meals for even the pickiest eaters --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

This book has easy interesting recipes and a handy meal planning guide. However, there was little discussion of which foods could be introduced at what point and why. I also found that this book contradicted itself in many places. For instance it would talk about not offering peanuts or fish at a certain stage and then pages later for that same stage, would be a recipe using peanut butter or fish. As a new mom I don't know what to do with this kind of contradictory advise.

I just started feeding my 5 month old daughter "solids" and wanted to do it in a healthy way. So I ordered this book and Super Baby Food by Ruth Yaron. This definitely is a more attractive package, with very interesting looking recipes I will try when my baby gets older. However, based on the research I have done on the subject, it doesn't sit right with me that some of her recipes for four- to six-month-olds include seasonings such as mint, peppercorns, cinnamon, and sugar. Also, the title of that chapter is "Four to Six Months and Weaning". As a nursing mom who plans to continue at least until my daughter is a year old, this sounds to me as if the author is pushing to get babies off of milk and on to solids as soon as possible. As stated before, the recipes for older kids (and adults) look very interesting--they should--the author is a Cordon Bleu graduate! But I will be getting the majority of my homemade baby food info from the other book mentioned in this review.

I would not recommend this book. First, in several recipes Karmel is adding sugar or maple syrup. One reason people make their own food is to avoid just that! Secondly, she has a recipe introducing peanut butter at age 6-9 months. Some experts will say not to feed peanut butter, peanuts, or even peanut oil until atleast 3 years of age; while others say the baby should be atleast 1 year. I must say 6-9 months is very early for such a highly allergic food. A reaction from peanuts is quick and could be deadly! Another thing that was troublesome was she doesn't mention that feeding foods like spinach and carrots can cause a form of anemia in children. I guess it is due to nitrates in the soil. Baby food companies are aware of this and test. Other baby food books I have read recommend you wait on making (and buying them already prepared) these ingrediants until a certain age. The American Academy of Pediatrics will back this one up. The book is pretty, it is simple to read. But I think the author needs to continue her research.

Karmel's book was recommended to me by a friend and mother of 2 (age 7 and 3). She swore that her children's love of a wide range of healthy foods was due to the spices introduced in these simple recipes. I went to the bookstore and perused all 3 books by Karmel and, while this is her first, it seems to be the best: organization and comprehensive content. I then borrowed the book from the library. I've been using the recipes for 2 months and my son LOVES everything he's tried. The variety in tastes helps me keep up with his curiosities. I borrowed other books from the library, including Ruth Yaron's text. Honestly, Karmel's book was easier to use in the kitchen (held itself open) and the chart made quick references a cinch. Today, after having proven this book to be the best and knowing I'll use it over and over, I am purchasing it.

I have really enjoyed this book. I wasn't even planning on "making" my own baby food. At the time I bought it, I had a toddler, and was just looking for ideas for sandwiches and creative snacks and things. My friend had the book and it looked interesting so I bought it. Now I have a new baby and just for fun I tried a few recipes. Now I am hooked. My baby has liked every meal I have prepared, even recipes with liver! Also, the cookbook has delicious meals that have now become family favorites. Toward the end of the book, there are recipes under the "Toddler" section, but they are really adult recipes and they are absolutely delicious. (sometimes you must double recipes...& check the serving size). One thing to note, is that because she is from Europe, the standards on what foods to introduce when is different. Use your doctor's advice and your common sense, when choosing recipes. Sometimes she recommends serving your baby a food earlier than we do here in the states. But after taking that into consideration, enjoy! And delight your baby and family. She is a real chef and takes really takes the mystery out of making baby food. ALSO, if you enjoy making them, get a hand blender, I have one made by Braun, and it makes puree making a snap! and so much easier to clean than transferring your pot of whatever to a blender or food processor.

This book makes cooking baby food very easy! I buy a few organic vegetables every week, boil them, puree and presto! Healthy, nutritious baby food that my baby loves. Some of the recipes are a bit strange, (i.e. zucchini and bananas), but if the baby likes it, so be it. My only complaint is that some of the menus seem to rush the baby into new foods too quickly. My recommendation is that you only give your baby one new food at a time for at least three days. Because my husband and I did this, we were able to discern that she was very allergic to pears.

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