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Baby Bites



Synopsis

Book by

Book Information

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Customer Reviews

I picked this book up on a whim because I was so frustrated by the surprising lack of information from my doctor and on the internet about what to do after those first couple solid food meals. Yes, I knew how to recognize when my son was ready to try cereal. Yes, I knew to start rice cereal first. Yes, I knew to feed him a tiny, heavily watered-down portion with my finger. Yes, I knew to wait a few days to see if he had an allergic reaction before giving him another new food. But then what? How big a portion should I be working up to? How much formula should he still be drinking, and should he still have the same intervals between meals? How do I go about adding foods to his diet, and what ones should I avoid? The choices of baby food flavors seem so limited---does that mean I shouldn't be feeding him other foods if I can puree them myself? How do I start a sippy cup? This book answers all those questions and tells you how to go about preventing allergies while encouraging your child to not be a picky eater. The "day in the diet" and week-by-week "month in the diet" sections were priceless to me, as were the groupings of foods by nutrients so you know which ones fill a nutritional void if your child strongly dislikes something else in the same category. I also liked that the book explains how to make your own food if so inclined, giving helpful tips for fixing portions that will store well. It was educational to learn that fresh produce isn't ALWAYS better because some vegetables are high in nitrates, so frozen is better while your child is very young.

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