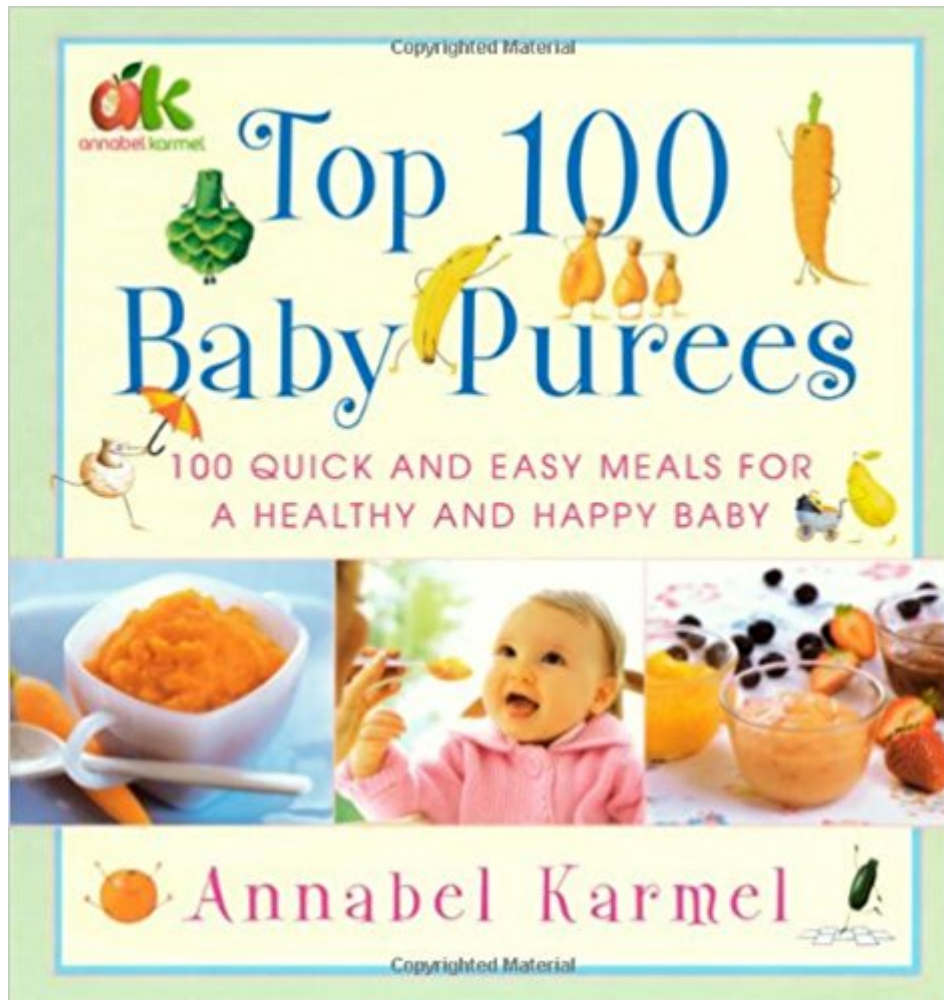


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# Top 100 Baby Purees



## 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

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## 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!

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