



The Best Baby Food

When you make your own baby food from wholesome foods that are naturally rich in nutrients, you are setting the stage for a pattern of healthy eating that will serve your children well for the rest of their lives. That's what this book is all about — easy-to-prepare recipes featuring creative cooking techniques that effortlessly transform nutritious whole foods into an array of tantalizing textures and flavors your baby will love.

Organized by age and accompanied by nutritional information, these recipes are a priceless tool for promoting your baby's health, not only today but also for many years to come.

During baby's first year, it usually takes 6 to 10 attempts before most will accept a new flavor and/or texture. After 12 months, babies become wary of new foods. Feeding your baby a variety of nutritious foods during the first year protects them from becoming picky eaters. It also helps to ensure that they obtain all the nutrients necessary for optimal development and the best possible health.

JORDAN WAGMAN, a trained chef, was nominated as a "Rising Star in North America" by the James Beard Foundation. He is also the co-author of *750 Best Appetizers* and *150 Best Dips and Salsas*.

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125 Healthy & Delicious Recipes for Babies & Toddlers



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