



Better Baby Food

Second Edition

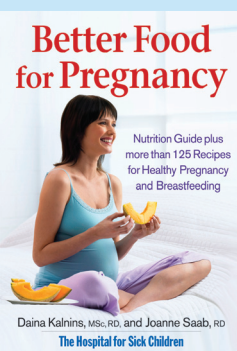
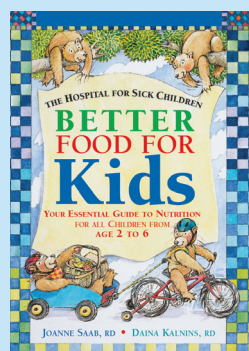
Your Essential Guide to Nutrition, Feeding & Cooking for All Babies & Toddlers

- expanded breastfeeding section, including solutions to common questions and concerns
- updated formula section includes all the latest formulas available on the market
- essential information on raising a child in a vegetarian home
- more than 250 baby-approved recipes, each with complete nutritional information

Everyone wants their children to have the best possible diet, especially in those all-important first years of life. But how do you know if your baby or toddler is getting the nourishment he or she needs? This newly revised and expanded edition takes the guesswork out of feeding your baby from birth to 24 months and beyond.

Parents will discover a wealth of information about every aspect of feeding young children — from breast- and bottle-feeding through to the introduction of solid foods. The quick and delicious recipes are organized by meal and recommended age range. The winning combination of comprehensive nutritional information and easy recipes makes this an invaluable resource for parents.

Also Available



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The Hospital for Sick Children is acknowledged as one of the foremost children's hospitals in the world. Since 1875, it has been providing specialized care for infants, toddlers and all children up to 18 years of age. With an international reputation for treatment, research and education programs in all areas of children's health, the hospital's vision is *Healthier Children. A Better World.*

DAINA KALNINS, MSc, RD, is an academic/clinical specialist and registered dietitian at The Hospital for Sick Children. She has over 15 years' experience in pediatric nutrition research. Daina is the mother of two young children.

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Robert
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and Joanne Saab, RD

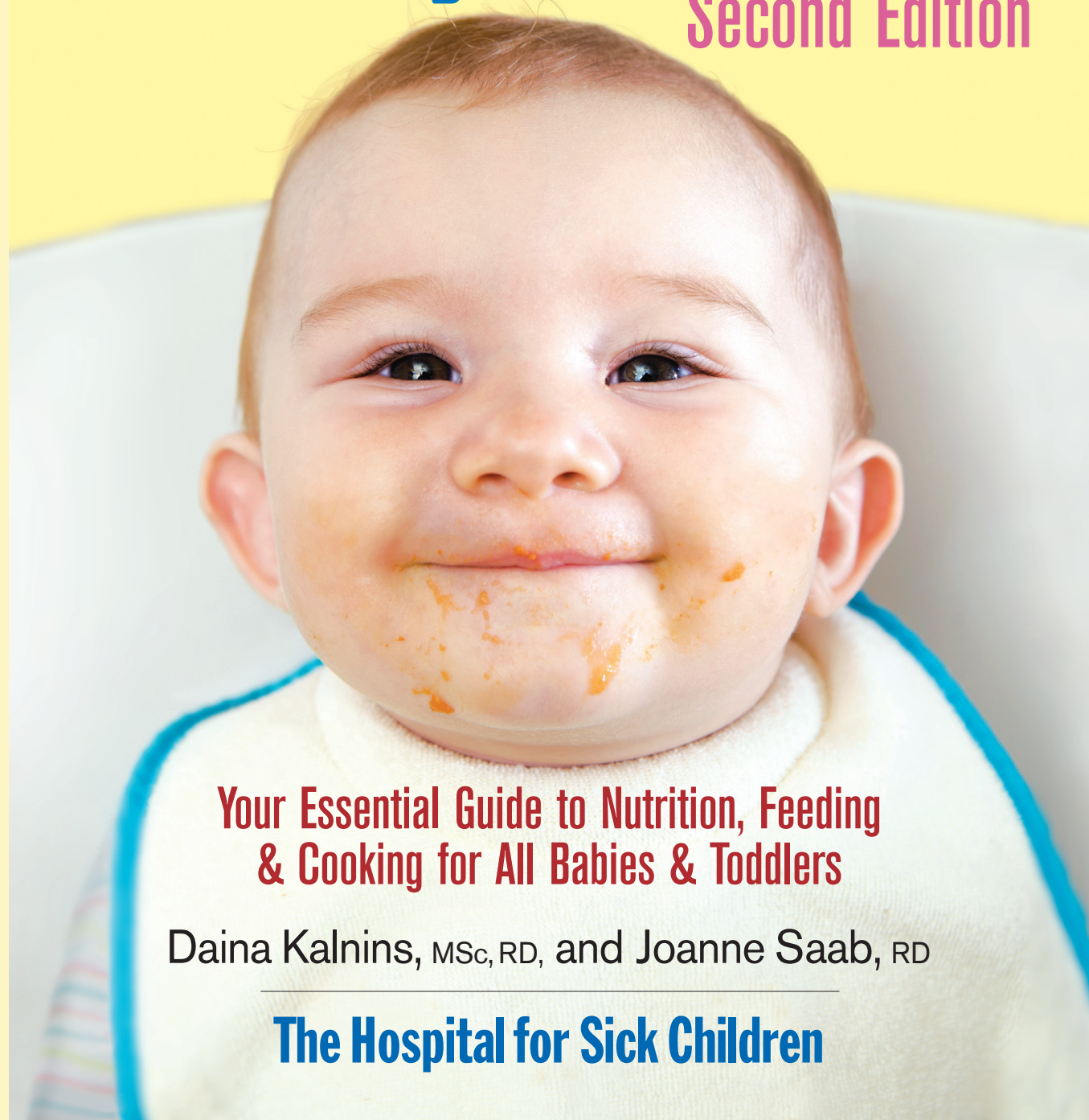
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