

Better Breastfeeding

A mother's guide to feeding and nutrition

Breast milk is the best way to ensure your baby's well-being, providing the energy, nutrients and immunities that an infant requires for optimal growth and development. However, breastfeeding can sometimes be challenging. In this convenient and authoritative resource, you'll find sound information on healthy eating during breastfeeding, a full set of practical strategies for breastfeeding successfully, how-to guides, troubleshooting tips and expert advice on managing the most common problems experienced during breastfeeding. But what also sets this book apart are the 150 delicious, easy-to-prepare recipes that promote healthy eating for the whole family.

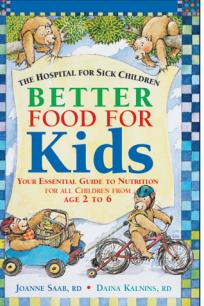
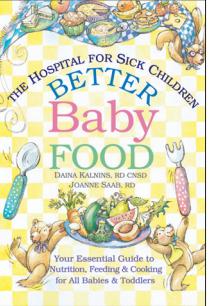
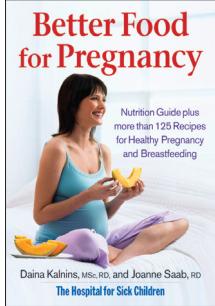
Create these delicious & nutritious recipes for mother and baby: Double Salmon and Dill Pâté, Broccoli and Sweet Potato Soup, Black-Eyed Pea and Roasted Veggie Salad, Asian-Flavored Steak and Mushrooms with Pasta, Grilled Lamb Chops with Sautéed Peppers and Zucchini, Grilled Chicken with Curry Sauce, Shrimp and Mussels with Couscous, Vegetable Quinoa, Soy-Braised Tofu, Cabbage and Ginger with Cellophane Noodles, Zucchini Parmesan, Pad Thai, Leek and Barley Risotto, Luscious Lemon Squares, Gingersnaps, Delicious Mocha Torte

This invaluable guide includes:

- Information on the benefits of breastfeeding for both mother and baby
- Complete nutrition basics and advice on healthy eating during breastfeeding
- 150 specially selected recipes that meet the needs of breastfeeding mothers
- Answers to the questions most frequently asked by nursing mothers
- Clear illustrations of breastfeeding positions and establishing a good latch

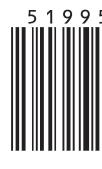
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By the same author



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 and research programs in all areas of children's health, the hospital treats some 340,000 patients each year.

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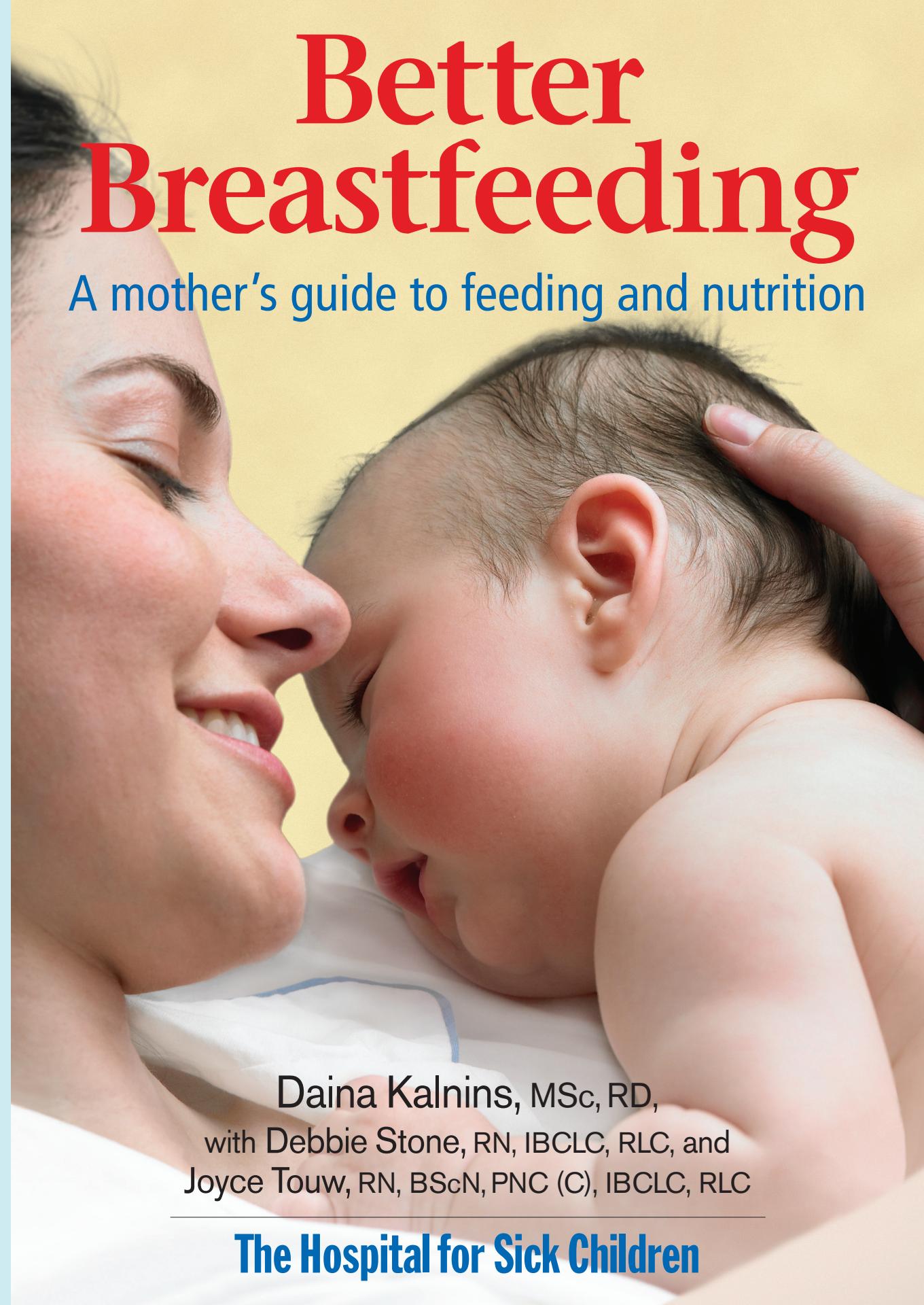
SickKids®
THE HOSPITAL FOR
SICK CHILDREN

Daina Kalnins, MSc, RD

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with Debbie Stone, RN, IBCLC, RLC, and
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