



The Healthy Baby Meal Planner: Mom-Tested, Child-Approved Recipes for Your Baby and Toddler

Annabel Karmel

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Start your baby on a lifetime of healthy eating

Commercial baby food may seem healthy and convenient, but a meal prepared at home with fresh, high-quality ingredients is still the most nutritious one you can give your child. Preparing your own baby food is quick, easy and much more affordable than you might think. It is certainly the best way to cultivate healthy eating habits in your infant or toddler.

Since it was published in 1991, Annabel Karmel's book has become the definitive, essential guide to feeding babies and young children and is used by pediatricians, nutritionists, and mothers around the world. Now fully revised and updated, *The Healthy Baby Meal Planner* will show you which foods are appropriate for each stage of a child's development from infancy to age three.

Also included:

1. Latest information on food allergies and infant nutrition
2. Time-saving preparation tips and recipe ideas for special occasions
3. Advice on introducing new tastes and textures to infants and toddlers
4. How to make appealing meals for even the pickiest eaters

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