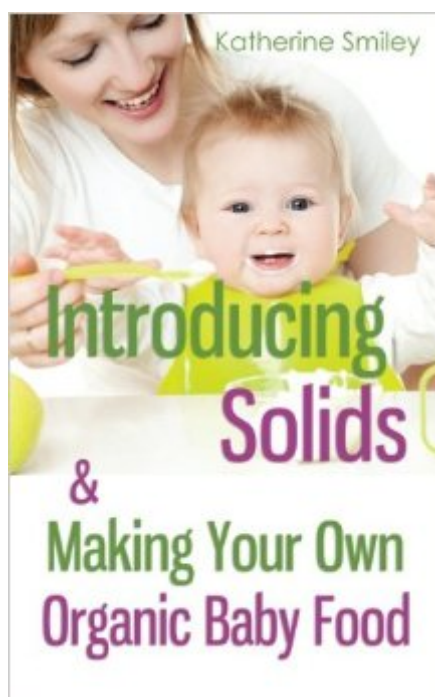


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# Introducing Solids & Making Your Own Organic Baby Food: A Step-by-Step Guide To Weaning Baby Off Breast & Starting Solids. Delicious, Easy-to-Make, & Healthy Homemade Baby Food Recipes Included.



## Synopsis

Are you looking to wean your baby to solid foods and make your own organic baby food at home? Weaning a baby should be interesting and fun. Always remember that during the process, the baby will still receive much of his or her nutrition from baby formula or breast milk so you get the opportunity to experiment with what your baby likes and what he doesn't like. In "Introducing Solids & Making Your Own Organic Baby Food," we will talk about how to wean a baby, what foods to choose and how to make some really healthy organic baby foods for your baby to dine on. The process of weaning will take several months of trying and testing different foods. Soon, you'll have a collection of organic foods that will be available for mealtime. We'll also talk about some troubles you might have with weaning your baby and how to solve them. Every baby gets weaned sometime and will soon have a variety of organic foods that match your own at the supper table. Here are some of the things you will discover in this book:

- Nutritional needs for babies...
- Signs that your baby is ready for solids...
- Simple techniques to wean your baby...
- How to know if your baby is getting the right nutrients...
- How to avoid food allergies...
- How to make organic baby food at home...
- Proper ways to store homemade organic baby food...
- Graduating to toddler food...
- Simple, easy-to-make, delicious, & healthy organic baby food recipes...
- And much more...

## Book Information

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## Customer Reviews

Was looking for an informative book on feeding of babies and have found one with this well written book. We are preparing for the coming of our first great grandson and it has been a few years, since

having to go through the baby thing. The author is very thorough with her presentation and breaks the subject down so that you can easily understand it. From the ounces per weight per day of formula needed, to how to freeze baby food properly. The use of the ice cube trays for freezing is a really good idea. This book would be wonderful for a new mother, offers some really good recipes for organic grown baby foods, such as chicken corn chowder to applesauce muffins for babies. It is great also for us older grandmothers and great grandmothers who have forgotten a lot.

I actually bought this book so I can make organic baby food for my friend who has a newborn. I love to garden and always have so many vegetables and fruits left over that sometimes they go bad. There are so many useful ideas in this book that I would have never thought of like using ice cube trays to freeze the food or using wax paper in the freezer. There are many tips and tricks offered for weaning babies too. My kids are older and they also enjoy many of the recipes found in this book such as the baked peaches and the broccoli and cheese nuggets. The book includes information about reading and understanding store bought baby food labels, food allergies and toddler finger foods.

The nutritional content of baby food is much more important these days now that we know about the dangers of pesticides, etc. I got this book with the vague idea of maybe making organic baby food for my grandchildren when they are visiting, but now I am excited about the whole prospect and will be sharing the information with my daughter. I found the chapter on storing organic food especially helpful, and the penny trick is absolutely amazing! Living in a hurricane zone with frequent loss of power or threat of losing power is a common occurrence, I am surprised I haven't heard of the penny trick before now. I will definitely be utilizing the trick immediately.

With my first two babies, I was just too overwhelmed to try the idea of making my own baby food. It seemed like it would just be way too much work. After giving birth to my third though, I really want to give it a try. I have breastfed them all to try to give them the most natural options, so why not do the same with their first foods. This book provides the perfect overview for just starting out. I thought I would need all kinds of extra blending and storing devices, but this provided methods using things I already have in the house. The recipes at the end start with babies' first foods and go all the way to finger food options as the baby transitions into a toddler. Since my oldest has allergies, I wish I had read this when he was still a baby. I could have provided him with so many more options just by making them myself. This really does show how doable it can be and provides a lot of extra feeding

tips that first time moms especially will appreciate!

I am beyond my child rearing years, but my adult son and step-children have babies so I like to see what is "new". Two of my grandchildren are ready for starting solid foods so I picked up this book. This book an excellent resource that is very thorough. It explains nutritional needs, how to know if the baby is ready for solids, food allergies, storing the food safely, and many healthy recipes. I have to admit, even as an adult, sound so appetizing! This book is a must have for any parent, grandparent, or caregiver of a baby or toddler.

This is an interesting, informative book on how you can make organic baby food for your body. The book gives an overview of nutrition for babies and talks about nutrient requirements, food allergies, weaning, moving to solids, what foods to choose and recipes for organic baby foods. Examples of recipes in this book include Potatoes and Pumpkin with Apple Snack and Butternut Squash with Peas. This book also gives you info how to store organic food once you make it. Overall, I would recommend checking this book out for good info on feeding your child and making your own organic baby food.

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