



Idiot's Guides: Homemade Baby & Toddler Food

Kimberly Aime, Natalie Weiss

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Store-bought baby food is expensive and can contain artificial ingredients you don't want your baby to consume. And as a baby grows to be a toddler, it can be difficult to find nutritious and easy-to-fix foods that they will eat. *Idiot's Guides: Homemade Baby & Toddler Food* comes to the rescue with the solution to feeding dilemmas for parents of babies and toddlers from 6 to 24 months:

- + 100 recipes for appealing baby and toddler cuisine, from purees to finger foods to table foods even the pickiest toddlers will eat.
- + More than 100 full-color photos of finished dishes, preparation steps, and more.
- + Nutrition and development information, plus meal plans for five different stages from a registered dietitian.
- + Advice for encouraging picky eaters to try new things. Illustrated how-to steps for frequently used techniques.
- + Information on baby-led weaning, food allergies, and other high-interest topics.

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