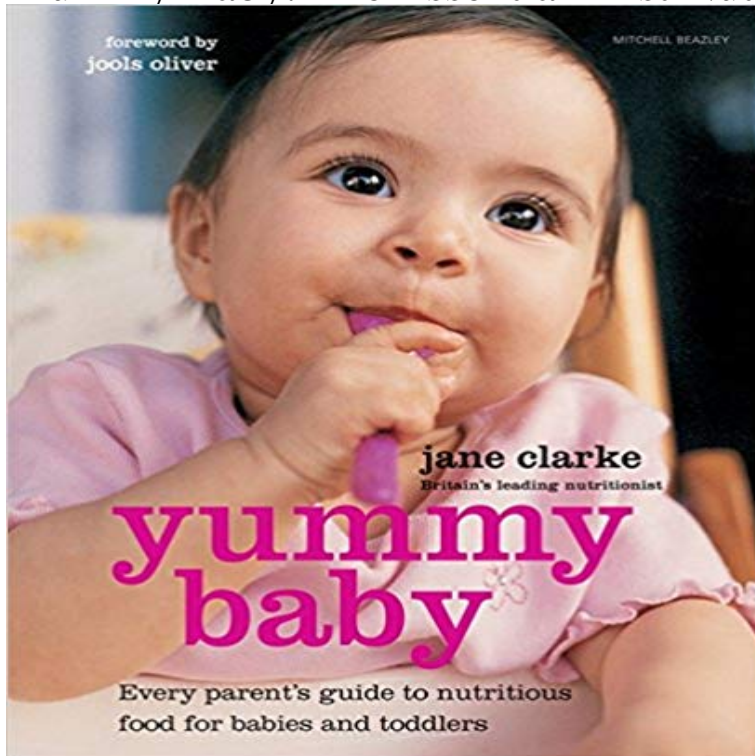


## Yummy Baby: The Essential First Nutrition Bible and Cookbook



Yummy Baby! takes parents through all the stages of early life, from milk through weaning to feeding a toddler. Along the way it addresses parents key concerns, including allergies, organic, E numbers, sugar and salt. Jane cuts through the myths by revealing what you do need to worry about and stressing what you dont. Yummy Baby! comprises chapters on milk, the nutritional principles of weaning, practical information on how to wean and solving everyday problems and illnesses with food. Jane includes 60 recipes for dishes that can be eaten as part of an adult meal as well as by babies and toddlers. And she shows parents how to cure everyday problems such as coughs and colds, an upset tummy or constipation, with food, making this the only food book that parents of babies and toddlers need!

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