



What to Feed Your Baby: A Pediatrician's Guide to the 11 Essential Foods to Guarantee Veggie-Loving, No-Fuss, Healthy-Eating Kids (Paperback)

By Tanya Altmann

HarperCollins Publishers Inc, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. Winner of the National Parenting Product Award (NAPPA) and Mom's Choice Awards. Dr. Tanya Altmann is an experienced pediatrician and knows exactly how to get your baby to eat well and happily. What to Feed Your Baby provides easy, fun, and tasty advice! (Harvey Karp, MD, FAAP, author of The Happiest Toddler on the Block and The Happiest Baby on the Block) As a pediatrician, spokesperson for the American Academy of Pediatrics, and mother of three boys, Dr. Tanya Altmann knows that good nutrition is essential for healthy kids. In What to Feed Your Baby, Dr. Tanya provides the latest nutritional recommendations and best practices for feeding babies and young children. The simple, fool-proof program focuses on serving eleven foundation foods: eggs, prunes, avocado, fish, yogurt/cheese/milk, nuts, chicken/beans, fruit, green veggies, whole grains, and water. What to Feed Your Baby helps parents set their children up for a lifetime of healthy choices-and say goodbye to picky eating forever!.



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