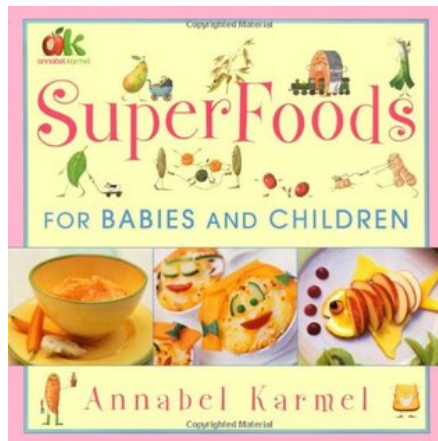




Superfoods: For Babies and Children

Annabel Karmel , Paul Sacher

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Boost your baby's health with Annabel Karmel's delicious recipes and creative advice for feeding your child in the first five years.

All parents want the best for their children, but choosing the freshest foods and preparing them in the most beneficial and appealing ways is not always easy. As a mother of three and author of more than twenty books on healthy food for children, Annabel Karmel knows better than anyone not only what children *should* eat but what children *will* eat.

SuperFoods is both a cookbook and a reference manual that helps parents recognize the nutritional value in even the simplest foods. In addition to a variety of tempting recipes and invaluable advice, *SuperFoods* includes:

- More than 130 easy recipes suitable for children of all ages—from the best first foods to balanced family meals.
- Menu charts to help you plan ahead—most recipes are suitable for freezing.
- Information on how to avoid food allergies and common childhood complaints such as colic, constipation, and eczema.
- Suggestions for healthy convenience foods to keep in the pantry.
- Tasty recipes that harness the power of SuperFoods to promote growth and energy and boost immunity and brain power.

And much, much more!

Superfoods: For Babies and Children Details

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Rachel C says

Disappointed - I don't think this lady did any research before making her "recipes". She clearly hasn't read a thing about the types of veggies that are not safe to puree for infants, for example, carrots and other root vegetables, as well as leafy greens.

Laura says

A nice overview of baby food, but not really necessary for moms on their second/third/etc. child. I did glean a few new ideas/recipes for foods to try with Cason, but other than that this was pretty similar to her other books.

Katie says

This book has a step by step guide for feeding your child 4 months and up. It has a ton of great recipes, information on nutrition and was very helpful for a mom like me who struggles on what to feed their child.

MistyinCLE says

I would recommend this book to any parent that wants to cook homemade nutritious food for their baby up to five year old. I made most of my own baby food by using this book and now my son is 1 1/2 and not picky about food at all. He loves fruits and vegetables especially. On each page the with the recipes the author lists the important nutritional values of the main ingredient as well as how many portions can be frozen.

Govecon says

I made all of my children's baby food and this book was my guide. Karmel introduces fish a little early for my taste, but the kids really liked this food and they are still eating well (most of the time) because they developed good habits when they were babies.

Amy says

This book would be a great "starter" book for someone just learning about nutrition and healthy eating. The information is presented logically and in an easy to follow format but is nothing new. A person that's read other books on nutrition might not find this useful. The recipes looked good but are mostly aimed at very

young children and I have an eight year old so I didn't try any of them.

Erin Krueger says

I checked this out from the library before purchasing it. I really like it, although my versions never seem to be exactly the same consistency as the authors. The child likes the food, so that is worth it! The Salmon Croquettes were much loved by everyone in the family.

Rachel says

Totally wish that I had this book when my kids were little babies and just starting to eat solids. It does go through to 3 year olds. It is such great information that I am in awe at all the info. Such a great book for any mom small children!

Linda says

We were bummed that it only had two recipes for very little babies. Now that Zoe is bigger, we'll go back to it to see if there's any info we can use.

Mondis says

Where have I been? I have been told that this book has been around for awhile and I wish I would have known about it sooner. This is a must have for mothers! Great, all-natural homemade recipes for babies and helpful advice to feed little children up to five years old. This book will be used every day in my home!

Elizabeth says

This book is so much fun! I open it up and let my kids pick what we'll make from it. The presentation ideas of these healthy, kid-friendly meals is so inspiring. My husband even enjoys seeing the funny little arrangements I bring to the table. Very informative section on the exact benefits of all the four food groups. You'll never want to make a meal without sneaking in some healthy vegetables and fruits again!

Ansley says

This is the best book I have found on baby food and when to introduce certain foods to your baby. I really like that it is organized by months of your baby's life. The recipes are really good and healthy. This book also recommends a bigger variety of foods for babies and toddlers than most other books and I think my daughter is a better eater and has a more diverse palate because of it.

Lady Claire, Marchioness of Fancy Pants says

I don't agree with this feeding philosophy, but it does have good recipes for veg and fruit purees.

I highly recommend Hungry Monkey: A Food-Loving Father's Quest to Raise an Adventurous Eater by Matthew Amster-Burton. It's funny and has a wonderful laid-back philosophy to babies and children eating.

Meg says

A clear, simple guide to preparing and feeding baby. Right now I'm keeping it simple and sticking to the first, basic purees, but I think her recipes for toddlers would be worth trying too. I made some carrot-apple puree for my son, froze it in ice cube trays, and pull out individual cubes from a baggy in the freezer. He loves it. My little girl and husband are big fans of the applesauce (first fruit puree) too. It feels really good to prepare my son's food from scratch and plan ahead--it's a sort of calming ritual. Now to make this satisfying ritual a habit...might need another book about time management for that.

Heather says

I really liked this cookbook. It is broken down into stages, and has a lot of creative fun recipes that William likes. (We like them too!) The book also has some good tips on fruits and veggies, what nutrients are in them, etc.
