



Baby and Toddler Meals For Dummies

Dawn Simmons, Curt Simmons, Sallie Warren

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Includes tips for feeding picky eaters and kids with allergies

Understand your child's nutritional needs and prepare fast, tasty meals

Babies and toddlers need good nutrition to grow and thrive, and this essential, timesaving guide makes it easy to feed your child right. It explains exactly what foods you should introduce at what ages -- and shows you how to prepare fresh, home-cooked baby and toddler meals that beat anything you can get from a jar or box.

Discover how to

- * Save money and expand your baby-food budget
- * Dish up healthy, well-balanced meals
- * Introduce new foods at the right time
- * Serve foods with high kid-appeal
- * Have fun cooking with your child

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