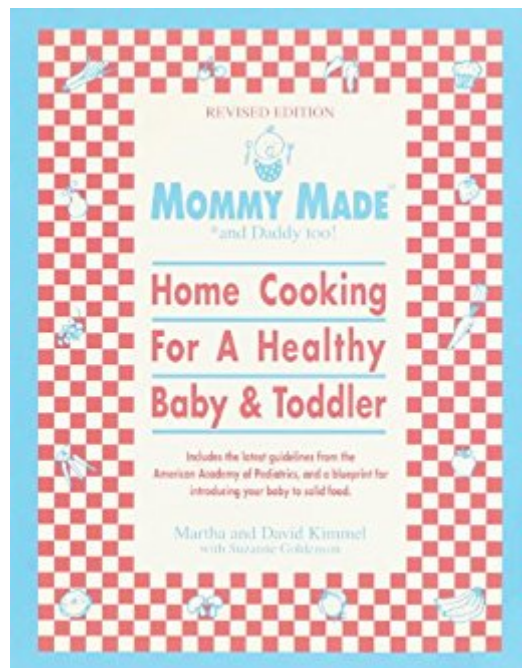




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# Mommy Made And Daddy Too! (Revised): Home Cooking For A Healthy Baby & Toddler



## Synopsis

Everyone loves a home-cooked meal--even babies and toddlers! Experts agree that homemade baby food is the healthiest way to feed young children. By making their own baby food, parents can drastically reduce the sugar, salt, artificial colors, fillers, additives, and preservatives in their child's diet. And now making baby food from scratch has never been easier--with this practical, user-friendly cookbook by Martha and David Kimmel, founders of the phenomenally successful Mommy Made\* line of baby and toddler food. Updated for a special 10th anniversary edition, Mommy Made\* is filled with 140 easy-to-make recipes that are perfect for introducing your baby to wholesome solid foods. These delicious, kid-tested dishes--which include finger foods, shakes and smoothies, snacks on the go, spoonable treats, and a variety of table dishes--were created with your baby's special nutritional needs in mind, and will help your child establish healthful eating habits that will last a lifetime. Mommy Made\* also includes: Nutrition advice from birth to three years--incorporating guidelines from the American Academy of Pediatrics A blueprint for when and how to get your baby started on solid food Answers to parents' most frequently asked questions: from milk and protein needs to determining portion size, preventing "hunger strikes," and detecting food allergies Tips on pureeing, straining, and mashing, as well as storage, thawing and reheating, and using the microwave A handy nutrition glossary, food pyramid, and list of helpful websites And much more! From the Trade Paperback edition.

## Book Information

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## Customer Reviews

I bought this cookbook after making the decision to make all of our son's food starting at six months. I thought this book would give me a step-by-step guide on how and when to introduce foods, various recipes, and nutritious meal plans. This book was a major disappointment. The recipes are ridiculously simple. For homemade applesauce, steam apples and puree. Gee, why didn't I think of that? There is nothing in the book I couldn't have made myself. I leafed through the book the first night I got it, and I haven't picked it up since.

Bought this on the recommendation of a friend and wasn't all that I thought it would be. Was really hoping for clear-cut, simplistic way to get started with my daughter, but although the info was good, everything was very generalized. Wish there was a sample feeding schedule for a baby just starting out and info on when to increase amount etc...perhaps even charts to show when to introduce which foods at which stages. More info and less recipes?! I found the book that came in the Baby Bullet blender so much more helpful. Wish I knew it was in there the whole time (I got it as a shower gift and didn't open it until after my baby turned 6 months).

I bought this book when we adopted our oldest child 11 years ago and it was a great resource. It is now my standard gift for new parents. It covers all kinds of feeding issues, like when to introduce solid food, what the first food should be, how to deal with picky eaters, and the difference between lactose intolerance and a milk allergy. The beginning of the book discusses feeding issues and concerns and the back of the book is all recipes for baby and toddler food. I used it almost exclusively to make my kids food but even if you plan to purchase baby food, it is still worth it for the great information. For me, the best section was a chart of when to introduce every type of food, like pears at 6 months, or cucumber at 12 months. There is also a section of special feeding situations, like a child with health issues, developmental issues, twins, or illness. There is a great section on the vitamins and minerals we need, how they help children grow and develop, and in which foods to find them. Because we didn't have family nearby and our kids are adopted, this book was a real comfort and was more accessible than a doctor visit. I felt confident that I was doing the right thing

at every stage of their development, including one child with texture issues and the other wanting to shove everything in her mouth! The proof that it worked (at least for me) is that both of my children are now great eaters and willing to try new foods without coaxing.

I bought this book with Ruth Yaron's Super Baby Food book several months ago, and while the Yaron book is in mint condition from lack of use, this one is dog-eared and stained with pureed squash, peas, and apples. This book has a wonderful approach and gives great guidelines for preparing your own baby food. It's really very easy to do and doesn't take much time at all. I love knowing what my baby is eating and not being afraid to try the food I'm giving him. We still have the jars of food for when we go out, but primarily he gets fresh fruits and veggies that I steamed & pureed myself. My husband was a little skeptical of my making our own baby food at first, but now he is a big fan. It is incredibly easy for him to take a couple of cubes out of the freezer, defrost & feed to our son (I make a batch and freeze them in ice cube trays, then put them in labeled freezer bags). Plus, unlike the jarred food, you don't have to worry about opening a jar & using it within 2 or 3 days; you can just defrost a cube at a time. It's also very cost-efficient to make your own baby food because whereas a jar of carrots may cost \$\$\$ (if you get the organic kind), you can make the equivalent of 7 or 8 jars for less than \$\$. One big difference we noticed was in the peas -- I bought an emergency jar of organic peas and it was a slimy olive green color (my friend's baby wouldn't touch the stuff). I then made my own from a bag of frozen organic peas and they came out bright green -- like they should be. And they're a thicker consistency that my son appreciates. Another difference we noted was in the squash- the jarred kind smells faintly of cinnamon. Supposedly it's just squash & water, but when I made my own it didn't smell that way. I don't 100% trust what's in the jarred foods. We tried one of the vegetable blends of jarred food and my son got a rash. So far he hasn't had any reaction to the fresh foods, though. I can't recommend this book enough! My son is 8 months old and I typically use this book 2 or 3 times a week -- even just to look for what new foods to give him. There are handy sidebars that list when you can start your baby on the food (e.g., primary puree, 7 months, 10 months, etc.) and things you can do later to make it into a toddler food. I only have one very, very small complaint about this book (not enough to decrease my rating): in the introduction area of the book it says to be careful when selecting carrots to cook because in some areas of the country the nitrates in the soil are high, so make sure to get carrots that are grown in low-nitrate soil. However, in the carrot-recipe section of the book, it doesn't say anything about the nitrates. Personally, I think it would have been helpful to reiterate the warning in the recipe section. But that's the only complaint in the whole book that I have and it's a minor one.

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