



Super Baby Food

Fact Sheet

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www.SuperBabyFood.com

Author Ruth Yaron is a nationally recognized authority and media veteran. She utilized her skills, developed writing technical manuals for the everyday reader, to create a remarkably easy and complete system of baby food preparation and more. With over half a million copies of earlier editions sold, it is no wonder Yaron's fans have dubbed the book their *baby food bible!* This new edition has been completely redesigned for ease of use and updated to reflect the most current and comprehensive information available today. Here is just a sample of what can be found in the new edition:

- The most up-to-date, medically, nutritionally sound information on what foods to feed babies and toddlers at specific ages with details on proper food consistency, amounts and temperatures.
- Handy, alphabetical lists of fruits and vegetables with cooking instructions and nutritive values plus easy baby food storage and freezing tips.
- Ideas for simply adding nutrition to an everyday meal by adding *Healthy Extras* like kelp, tahini, and nutritional yeast (among others) so that every bite counts.
- Food allergies and other important safety warnings.
- How to use the most recent USDA MyPlate guidelines that have replaced the Food Pyramid model of nutrition.
- Money-saving, innovative, easy recipes to enhance baby's development through toddlerhood and beyond!
- Complete list of resources and tips to find organic foods and connect with others online in the Super Baby Food community.
- Complete instructions on how to prepare and store baby food safely.
- Detailed information on choosing high chairs, feeding equipment and other baby supplies.
- How to save money by making your own baby food, as well as other money- and time-saving tips.
- Baby-safe and environment-friendly recommendations for baby accessories, household cleaning products, and more!