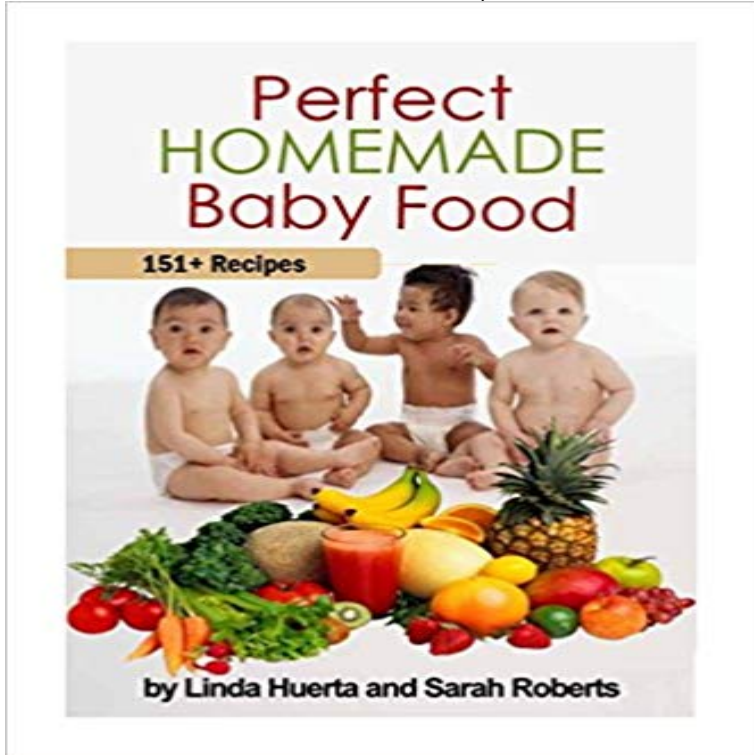


Perfect Homemade Baby Food: 151+ Recipes



The issue of a healthy diet has become of critical importance as the obesity rates in our country rise and children are being diagnosed with serious health conditions at younger ages. Starting your baby off on a good road to healthy eating is of vital importance. One of the best ways to do this is to prepare your own baby food with fresh products that you have carefully selected. This also allows for you to control any additives or preservatives such as salt, sugar or flavorings that are added to your childrens food. You will find that your baby is very interested in the food that you and your family are eating; therefore it makes sense to prepare similar foods for your baby. This recipe book offers a brief discussion and health and health and nutrition as well as a discussion on why it is helpful to make your own baby food. The book briefly describes the supplies that are needed to make your own baby food and explains how to refrigerate and freeze foods that you have made. The book contains over 150 yummy recipes that you can easily prepare for your baby and some that can be prepared for your baby and the rest of your family. We hope that you will delight in preparing and serving these foods to your infant.

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