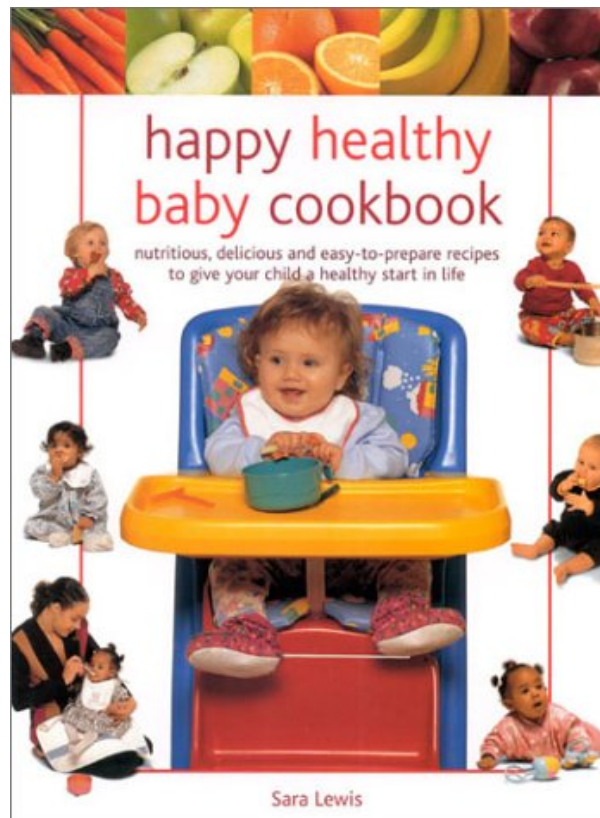
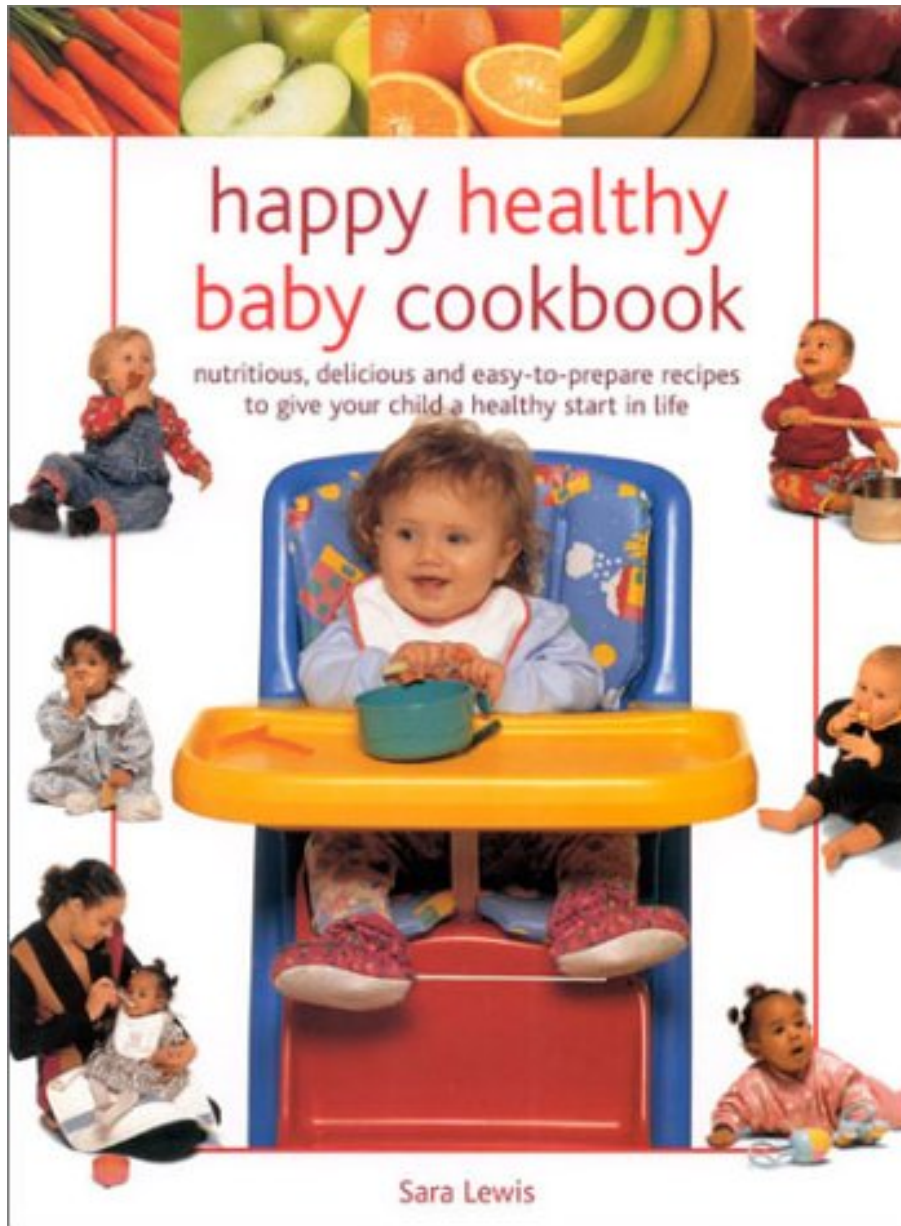


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Happy Healthy Baby Cookbook offers 200 tempting ideas and recipes for simple baby purees, purees for the older baby and delicious finger foods, presented in an easy-to-follow fully illustrated chart form.

- Sales Rank: #12824191 in Books
- Brand: Brand: Southwater
- Published on: 2002-11-20
- Original language: English
- Number of items: 1
- Dimensions: 11.54" h x .35" w x 7.78" l,
- Binding: Paperback
- 96 pages

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3 of 3 people found the following review helpful.

Pretty and colorful but questionable information

By Linda A. Stevenson

I would not recommend this book. It is beautiful with lots of pictures and easy to follow recipes, but the ingredients she uses and ages to introduce certain foods make me feel nervous about everything she says. For instance, at 4 months she says to introduce rice cereal and lots of fruits and veggies (including carrots which aren't safe to make at home at this age) but no oatmeal cereal until 6 months. But at 5 months she says to introduce meats, strawberries and COCOA! Who needs to give chocolate to a 5 month old?! Her recipes for this age include usually 4 ingredients plus formula which, with the minimum recommendation of waiting 2 days between new foods and starting solids no earlier than 4 months, seemed a lot to me. At 6 months she says to introduce peanut butter which if introduced too early can set a child up for lifelong, lifethreatening allergic reactions. My one other difficulty with the book is that the author is English and I was unfamiliar with the names of some of the ingredients--what's a swede?

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