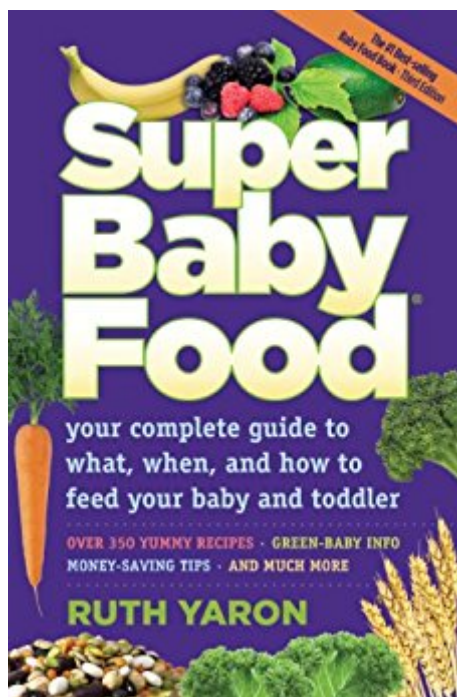




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# Super Baby Food: Absolutely Everything You Should Know About Feeding Your Baby And Toddler During The First Three Years.



## Synopsis

Completely Revised and Updated edition of the best-selling Super Baby Food now an e-book!

Parents know that you get only one shot to feed your baby right and Ruth Yaron has been helping parents get it right for over 15 years. Ruth's book, Super Baby Food, is affectionately referred to as the baby food bible by over half a million parents worldwide because it literally contains everything you will ever need to know about feeding a baby and toddler. It features, for example, a very special type of baby cereal she calls Super Porridge. This is definitely not your mom's powdered white rice baby cereal. We are talking about organic, whole grains and legumes, blended and boiled at home with a bit of nutritional yeast and/or tahini sprinkled in for an extra nutritious touch. Sound like too much hassle? Ruth makes it simple and that's just one reason it is truly Super Baby Food! The new edition is filled with the same sound guidance the book has always had, and supplemented with the latest advice from the experts, including the USDA MyPlate and American Academy of Pediatrics recommendations. The book is filled with new recipes, new resources, and ways to connect with rapidly growing Super Baby Food communities online, all in an easy-to-navigate format.

## Book Information

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## Customer Reviews

I used this book and it saved me money and time plus gave my kids healthier options. Avocado? Mango? you can't get those in babyfood jars plus have you smelled those things? If it doesn't even smell good why are we giving it to our kids. This book became my go to for years. Now I give it as a gift at every shower I go to. I still have mine. It has a great reference to each food and how long they will keep in the freezer. Super Easy!!!! Plus I have to say my kids never got sick and if they did it was mild. They never had ear infections! Amazing right! Yes they went to day care. I really think it was because I made their food.

My Favorite Baby Food Book!!! I bought this when my boys started eating solids and the lessons learned here are perfect. Now they are older and I do not have picky eaters. I learned so much from this book about getting kids to eat the right foods even if they don't like them, at first. It makes so much sense on what foods to be introducing to your baby first but I never thought of it until this book. I have since bought more books and sent them to family and friends as they become new moms.

This is the most comprehensive baby food book available. Yaron delivers excellent advice and this book is a wealth of information. I read this book cover to cover, however you can use it as a reference and read sections when needed. I enjoyed the following about this book: #1: She describes new foods that can be introduced to baby on a monthly basis beginning at 6 months. #2: Detailed instructions on how to make your own healthy cereals options #3: How to make your own yogurt #4: Things I never knew before like how to tell if an egg is fresh or still good #5: Reference and appendices sections where you can look up a vegetable/fruit individually and get facts like how to prepare, age to introduce and nutritional information #6: You will want to make healthy food not just for your baby but for yourself. You'll find yourself wanting to try some healthy options for the whole family. The only thing that I seriously disagreed with is her low opinion of meat. The emphasis is on legumes/beans etc. for protein and the role of meat in the diet is down played. This is the kind of book where you can find pieces of good advice and use what you want and not use what you don't want. If you are not a stay at home mother you will never be able to make food the way she describes. But if you do work you can still make some of your baby's food and that's better than not making any of it. Fantastic book. It would make an excellent baby shower gift as well. \*\*\*\*\* In regards to (Good reference, but some key inaccuracies, January 3, 2001 By A Customer) \*\*\*\*\* The No. 1 review has some glaring errors. Please see below: The first time I read this review I thought it had very good commentary to offer. Even though this reviewer points out a number of concerns with

Yaron's Super Baby Food book, I bought the book anyway. I was glad that I did because "A Customer" actually was highly misleading in terms of what Yaron actually recommends. It's really a shame that so many people found this review to be helpful because of the misleading information that "A Customer" provides. I guess just because a person says they are a physician does not mean that they correctly present facts or correctly quote books. These are the following inaccuracies that I found in the above review:

#1: (she doesn't give a specific time frame to start) - Actually Yaron DOES give a time table to introduce baby to nuts. She specifically describes introducing nuts at 8 months and not introducing them any sooner than 8 months (page 101). She explicitly says on page 32 that experts recommend waiting until age three to introduce peanuts. She refers back to page 32 when talking about peanuts multiple times. Furthermore, in the table on page 33 she plainly lists nuts as a high risk allergy food. As a parent you have to decide when to introduce what nuts when to your child, plain and simple. Yaron gives guidelines and simply describes the nutritional benefits of nuts/seeds.

#2: (Yaron makes comments such as, "the good old days" when you can buy tofu in a refrigerated bin where you can bag your own tofu...well this was ended for a specific reason, IT ISN'T SANITARY) This statement is just blatantly taken out of context. I will type the sentence from Yaron's book following what "A Customer" quoted. "I remember the good old days when blocks of tofu were sold in an open refrigerated barrel at my local natural foods store and customers would bag their own. BUT TOFU IS NO LONGER SOLD THAT WAY, DUE TO THE LIABILITY OF UNFRIENDLY BACTERIA. FOR YOUR BABY, BE SURE TO BUY TOFU IN SEALED PACKAGES ONLY. It made me very mad that a "family physician" would take that out of context. Furthermore, Yaron is overly cautious about bacteria and keeping things clean. She recommends that you boil all water first before you give it to your baby and who does that? Yaron always recommends being over cautious and overly safe in terms of keeping bad bacteria away from your baby. So, what this reviewer calls "glaring statements" I would call either not reading closely enough OR taking statements out of context. I have no idea about the validity on nitrates in spinach and carrots, but since all other concerns that "A Customer" discussed were inaccurate I would be inclined to research that myself before believing this person. When I saw that this person was a family physician I was more likely to believe what they said, but after completely reading Yaron's book and I have a different opinion. I have a Master's degree in Environmental Chemistry, does that make what I say more credible? Well one thing I learned from my degree is always back up facts with proven research and credible sources for information. I put all the page numbers from Yaron's book and used direct quotes, I am not defending the actual recommendations. I am just trying to make sure that everyone knows that this person's review was biased and misleading.

This book was recommended to me by a friend, but I'm honestly not too crazy about it. Recipes are okay, but I prefer my copy of "The Pediatricians' Guide to Feeding Babies"

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We were given this book by a good friend. I love to cook and was excited to cook for our daughter but was worried about giving her the proper nutrition and cooking the food properly. After reading Super Baby Food, I realized that it wasn't all that difficult and took much less time than I had thought. The bases of SBF is the author's Super Porridge. If you have a food processor or blender it is very easy to make and SO much better for your child than that flaky rice cereal. My daughter loves it! The author gives a lot of detail about what foods you can feed your baby, the best ways to cook and prepare the foods and which foods you should stay away from because of potential allergies. I'm constantly referring back to the book as my daughter gets older and seeing what new foods I can introduce to her each month. She's now 11 months and is incredibly healthy, happy and loves to eat. One of the best things about SBF is that following the meal plan sets your child up to enjoy foods that are good for them through toddlerhood and beyond.

I like the way this book is written. Storage tips and recipes are awesome. However some no science tips about toxic foil and dangerous magnetic fields around blender are ridiculous. The author should be consecutive and advise us to stay away from refrigerator as well and stop using it for freezing food. :) There are one more thing I would like author to add here: meat recipes or mention directly that book is mostly for vegetarians. Adding one paragraph about dissected liver does not make the book as non vegetarian. :)

This is a great book for the diligent parent that wants to get started with the idea of making baby food at home for their son/daughter. There was lots of information in this book that lead me to have discussions with my Pediatrician that I wouldn't have even known to have! We don't follow her method to a science, but she gave us the information we needed to get started on our own and adapt along the way based on how our littleman responded. I'll be honest, at a certain point there was information that we skimmed and/or glanced over because it didn't necessarily pertain to us and/or it was information that we felt was common sense. I am sure, however, she has to put in a lot of stuff that might seem like common sense to some due to publishing guidelines since it is a book

about feeding babies and toddlers.

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