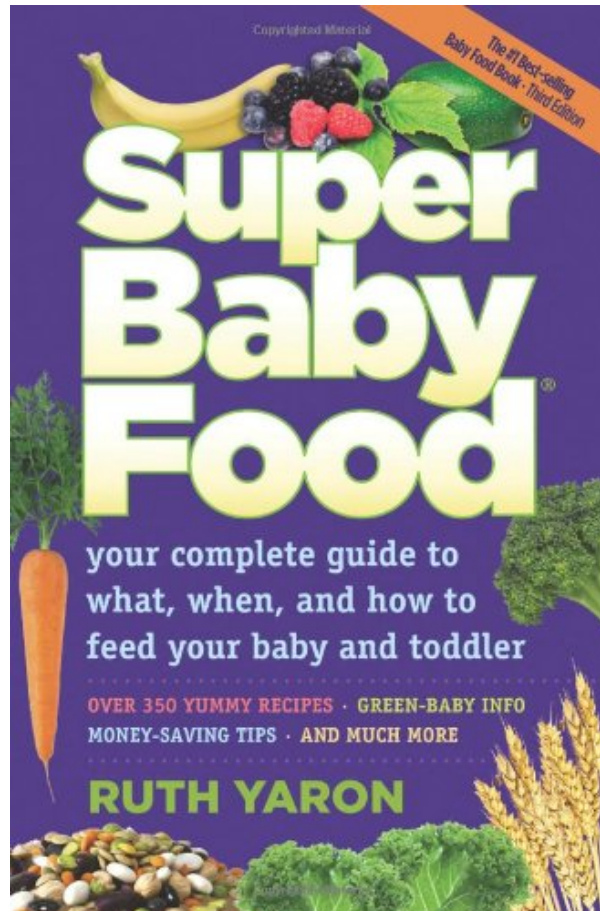
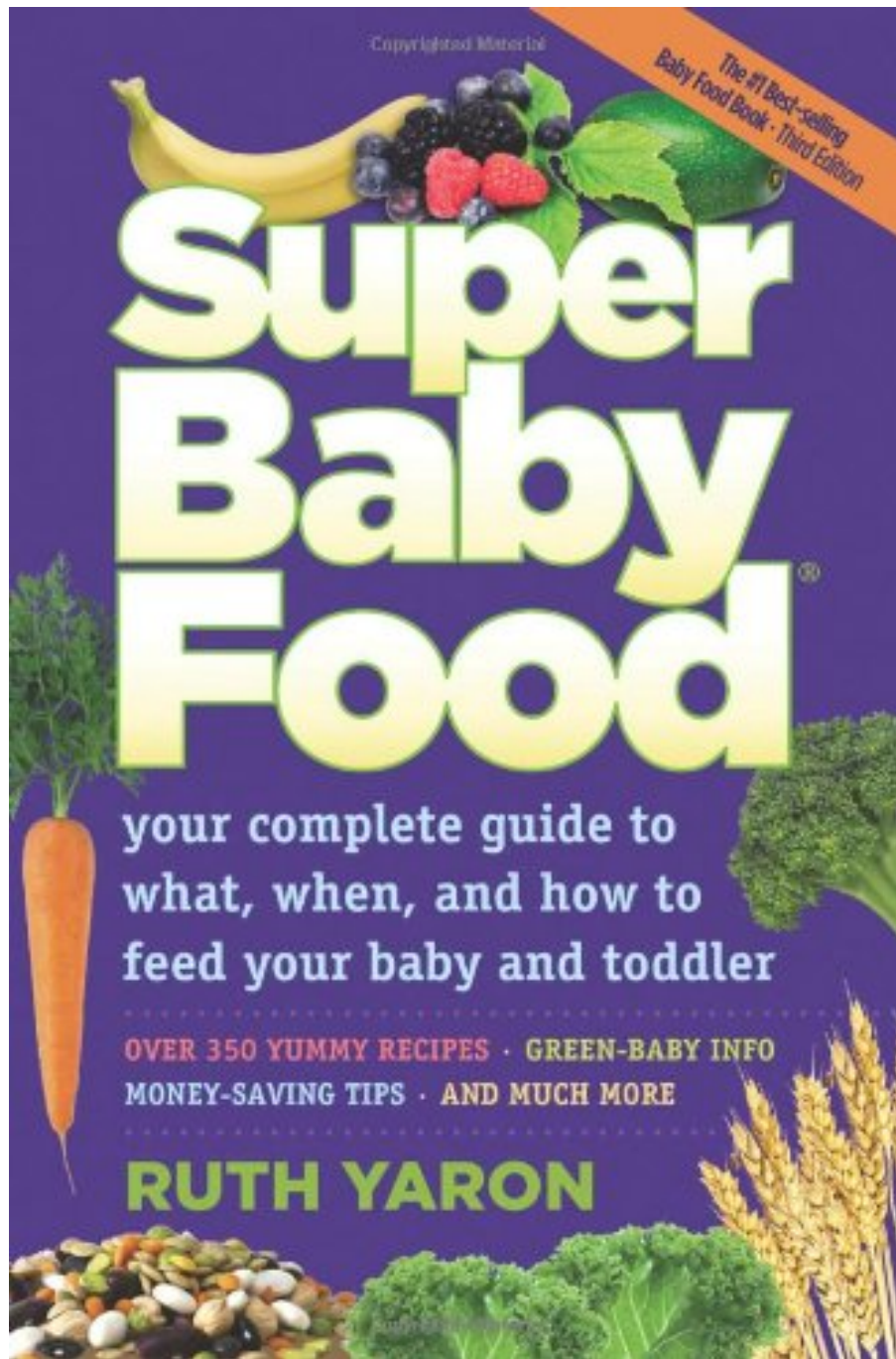


# SUPER BABY FOOD BY RUTH YARON



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Super Baby Food is a fantastic guide for introducing your baby to delicious and wholesome homemade foods.

--Martha Stewart

Ruth Yaron has done it again! The original Super Baby Food was a monumental breakthrough; this major update is a treasure. Babies are built out of food, and Yaron has made it simple for parents to give their children food they can feel great about: easy, inexpensive, safe, tasty, and fabulous for their kids.

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Super Baby Food is the bible of infant feeding. Ruth is obsessed with babies, nutrition and health. She has done all the research, so busy parents like you, don't have to. Packed with tips, recipes, and important information, this comprehensive guide will help you through the first few years. --Dr. Jenn Berman, author of SuperBaby: 12 Ways to Give Your Child a Head Start in the First 3 Years

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The third edition of Super Baby Food is completely revised and updated. Super Baby Food partners with parents to create the perfect, nutritionally superior bite for their babies and toddlers. Author Ruth Yaron, nationally recognized authority and media veteran, shares her sound, meticulous research to bring new parents the most up-to-date reference, complete with incredible feeding charts, suggested schedules, and a complete system of food preparation. With over half a million copies sold, it is no wonder Yaron's fans have dubbed the book their Baby Food Bible! Here is just a sample of what can be found in the new edition:

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**Super Baby Food By Ruth Yaron** Just how a basic idea by reading can improve you to be a successful individual? Reviewing Super Baby Food By Ruth Yaron is a very simple activity. But, just how can many people be so careless to review? They will prefer to spend their downtime to chatting or hanging out. When actually, reviewing Super Baby Food By Ruth Yaron will certainly provide you a lot more possibilities to be successful completed with the hard works.

As understood, book *Super Baby Food By Ruth Yaron* is well known as the window to open up the world, the life, as well as brand-new thing. This is exactly what individuals currently require so much. Also there are lots of people which do not such as reading; it can be a choice as referral. When you truly need the methods to develop the next inspirations, book Super Baby Food By Ruth Yaron will actually direct you to the method. Additionally this Super Baby Food By Ruth Yaron, you will have no regret to obtain it.

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Completely Revised and Updated edition of the best-selling Super Baby Food! 2014 Family Choice Award Winner, Gold /1st Place winner Feathered Quill Award in the non-fiction Informational Category, Gold Medal Winner of 2013 Mom's Choice Award in the Parenting Health, Nutrition, Fitness & Safety category.

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.

- Sales Rank: #14863 in Books
- Brand: Brand: F J Roberts Pub
- Published on: 2013-09-09
- Original language: English
- Number of items: 1
- Dimensions: 8.75" h x 5.75" w x 1.25" l, 1.88 pounds
- Binding: Paperback
- 672 pages

## Features

- Great product!

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#### Most helpful customer reviews

55 of 56 people found the following review helpful.

This is the most comprehensive baby food book available

By McKay Rowland

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 you 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 reviewers 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 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.

58 of 65 people found the following review helpful.

A bad source for accurate nutritional information; A good source for preparation and storage basics.

By Rachel Jones

This is an informative and well-written book, the problem is, the information presented about food is all wrong. Buyer beware: This is a vegetarian baby food book that is seriously heavy on cereals and grains. This book claims animal meats are bad for babies, and then recommends toxic soy products and hard-to-digest cereals for your baby instead. **DO NOT** follow this book's advice on food choices. **DO** use this book for handy tips on preparation and storage of homemade baby food. Seek a better, more scientific source for the nutrients your baby's brain and body need for optimum development. Super Nutrition for Babies is a much better source for accurate info about the kinds of foods you should be preparing and serving to your baby.

2 of 2 people found the following review helpful.

Excellent resource for mom's with new babies!!

By Sarah B

When I was feeding my babies, this book was my go to resource for all things baby food. It is now my number one gift for new moms. This book gives suggested ages for all kinds of fruits and vegetables -- I had never considered feeding my babies celery until I saw it in this section of the book. My kids loved it!! It also has great recipes for baby food mixtures and toddler recipes. I have bought this book over and over and over again. It's that great!

See all 959 customer reviews...

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