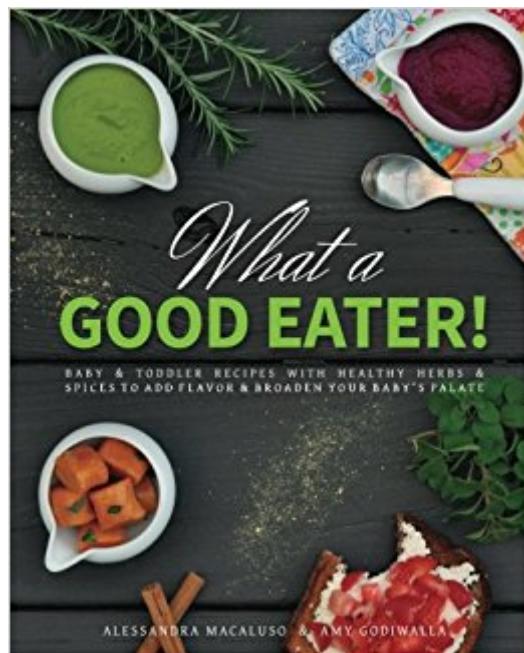


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# What A Good Eater!



## Synopsis

What a Good Eater! is a baby and toddler cookbook filled with wholesome, family-friendly recipes designed to promote a well-rounded eater right from the get-go. It is written by two moms who believe that introducing flavorful foods using herbs and spices and exposing children to a variety of colors, flavors, and textures while they are young encourages openness, minimizes picky-eating habits, and sets the stageâ "and tableâ "for positive future family meal experiences. Created with the careful guidance of pediatricians, nutritionists, registered dietitians, and naturopaths, recipes include a variety of powerhouse foods, such as kale and salmon, soothing herbs and spices from cardamom to rosemary, and a glossary of herbs and spices with potential health benefits. Parents are guided on how to feed their babies and establish healthy eating habits from the start. With chapters dedicated to frequently asked questions and helpful tips, such as troubleshooting picky eating and staying away from â œfood ruts,â • youâ "ll find answers to many feeding questions not often answered during pediatrician visits. Authors Alessandra and Amy are busy moms who understand the majority of recipes need to be ready in about 30 minutes or less, and that cooking daily with little ones can pose a challenge! For this reason, most recipes yield large quantities so that you can cook once and enjoy repeatedly. What a Good Eater! approaches food for your baby in simple, nutritious, age-appropriate steps beginning from her first meals and advancing well into toddlerhood and beyond. These nourishing dishes are bound to keep bellies full, and the aromas will make your kitchen smell fantastic, all while giving your child the gift of an expansive flavor profile from early on. In these pages you will find: 60 recipes with beautiful photographs, from first foods to toddlerhood (6 monthsâ "2 years and beyond) Sample food menus and feeding schedules by age An abundance of family-friendly meals (because who really wants to cook twice?!) 70% of recipes ready in about 30 minutes or less Parent guide to frequently asked feeding questions and tips to minimize picky eating Recipes that yield large quantities, so you can cook once and enjoy repeatedly Healthy toddler snack ideas to both eat at home and take â œto goâ • A glossary of herbs and spices and their potential health benefits Hearty, flavorful, nutritious meals, such as Warm Lentils with Cumin and Coriander, Coconut Curry Goan Fish, and the Iron Chicken Dance Recipes tested by numerous babies, toddlers, and parents around the United States Â à œA smart, thoughtful cookbook designed to introduce children to real food with age-appropriate textures, soothing herbs and spices, and carefully chosen ingredients that will nourish their growing bodies.Â Help your child develop healthy eating habits that will last a lifetime!â "Elissa Levine, MD (Pediatrician) â œThis cookbook/guide is easy to follow and a wonderful addition to your kitchen references! The recipes are nutritionally sound and family friendly. Many of the recipes and

suggestions in this text are the same that David and I used to raise our children, who have all grown into healthy young men who enjoy a wide variety of foods. Eating well at family-centered meals will enrich your family for generations to come! Wishing you all good health and joy!â "JuliSu DiMucci-Ward, MPH, RD, LD, CDE (Registered Dietician)

## **Book Information**

Paperback: 172 pages

Publisher: CreateSpace Independent Publishing Platform (July 22, 2016)

Language: English

ISBN-10: 0997532300

ISBN-13: 978-0997532302

Product Dimensions: 8 x 0.4 x 10 inches

Shipping Weight: 15.8 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 120 customer reviews

Best Sellers Rank: #307,583 in Books (See Top 100 in Books) #62 in Books > Cookbooks, Food & Wine > Special Diet > Baby Food #177 in Books > Cookbooks, Food & Wine > Cooking Methods > Organic

## **Customer Reviews**

Gorgeous pictures, easy-to-follow recipes, and drool-worthy flavor combinations. I wish I'd had this book when my kids were little. Maybe they wouldn't be so dang picky now. I'm giving this as my new standard shower gift with the note: "It's too late for me--but save yourself!"

What a wonderful cookbook and idea. Babies, toddlers and children establish their eating habits at a very early age. Why not expose them to the whole world of culinary delights and all the great ingredients and tastes? WHAT A GOOD EATER is a special book. The photos of the dishes are so well done I almost ate a page. As you work your way from the baby menu to the more mature offerings, you start to realize that you can prepare dishes that you can share with your baby. This merge of Italian and India cultures will help your offspring learn a more complete palette of tastes, spices and flavors. If the goal was to shape the future tongues away from fast food and less nutrition based trash, then I give this book five stars.

We have a very picky 2-year old, and almost immediately, this book transformed our world: more smiles, fewer tantrums, and less guilt about giving him unhealthy foods out of convenience. The

food pics are beautiful and inspiring. Can't wait to try the rest of the recipes.

I love to cook and this cook book fits me perfectly and I use it and will continue to use it for years to come. I have a picky 3 year old and we are trying for the second one so I know this comes in handy when feeding kids these days. The fact that there are recipes from multiple cuisines from around the world makes this an even more fun book to cook from. I want my kids to be worldly eaters and the various recipes from around the world makes that vision come true. Will cherish this for years to come.

I bought this book to give as a gift to my sister-in-law who is expecting a new baby. I wish I had this book when my kids were small! But there are still many great recipes for older kids/adults alike. I love the recipe combinations with many herbs, all look so delicious, can't wait to try them out! The pictures are beautiful as well, which I find very helpful in a recipe book! Love the helpful hints & FAQ's. Great job ladies!

This book has so many amazing recipes for little babes! I love it!

Great easy recipes for kids! I really have loved all the recipes I have made.

This book is great for anyone cooking family friendly meals! As a busy mom of a two year old and a newborn, I felt like I was getting into a "rut" and only feeding my toddler foods that were convenient because I just don't have the time to put into cooking our family meals. But then, I received an advanced reader copy to review this book and boy did it make life easier! It's organized in a way that makes me excited for my newborn to eat solids in a few months because it has great meal ideas and suggested schedules that are actually do-able. I'm not typically a mom who makes her own baby food, but with the help of this book, I'm definitely going to give it a try. And I've made a few recipes for my family and the meals were a hit, even for my chicken nugget loving toddler (yay!). I would recommend this book for anyone with babies or small children - it would be a great shower gift! It's basically that manual every parent wishes they would get on how to feed your kiddos!! Nobody tells you this stuff, but this book breaks it down wonderfully!! Thank you Amy and Ali for sharing your knowledge and experiences with other moms out there and in the trenches too!

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