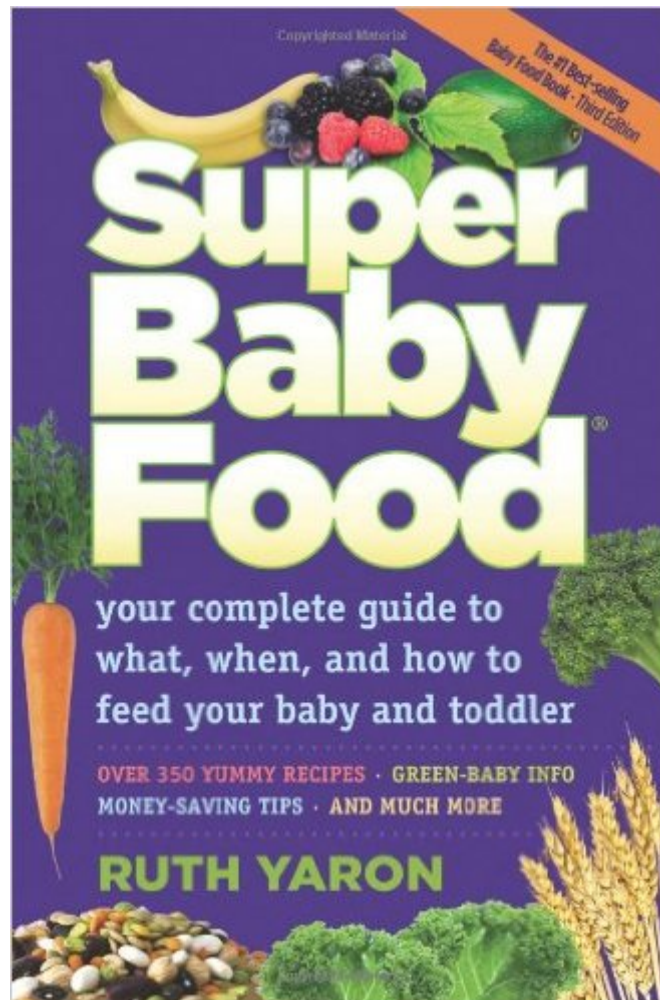


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# Super Baby Food



## Synopsis

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.

## Book Information

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## Customer Reviews

As a family physician and new mother, I bought this book with interest. Overall, excellent principles of healthy baby diet, and excellent ways of preparing baby food at home. However, I was astounded

by several key things. -Yaron recommends feeding a baby nuts - she doesn't give a specific time frame to start, but talks extensively about how to prepare and feed them to "baby." Nuts are HIGHLY allergenic, they are definitely not recommended before the first year and longer after that if a mother can help it. I have heard of a child suffering from anaphylactic shock from eating home made peanut butter at 8 months. -Yaron recommends preparing Spinach and Carrots at home, these two vegetables are not recommended for home preparation because of their high concentration of nitrates. Baby food companies screen these two vegetables so that only those from areas of the country with low nitrates can be served to baby. -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. These glaring statements make this book one that I would not recommend for my patients. If you are aware of all the facts above and will double check some of her principles with other authoritative text, then this is a good book on home preparing food in a wholesome, organic manner.

There is a lot of great information in this book. However, there is also quite a bit of nutritional misinformation to go with it. So I found myself having to double-check any recommendation I didn't already know about with another source which somewhat defeats the purpose of buying the book. That said I'm a complete kitchen klutz so having a book that explains exactly how to shop for, prepare and freeze each food is very helpful. I'd just be very, very careful about using the exact diet as recommended for a baby under 1 year without consulting with your pediatrician first. For example, in order to avoid the "evil" meat, the book recommends introducing nuts, seeds & soy into the baby's diet from a pretty early age. These foods are all high allergen foods and really are not any better for a small baby than some pureed chicken. The book also recommends liver powder -- but organ meats are high in toxins. It also recommends cottage cheese starting at 6 months but cottage cheese has all the same problems as cow's milk and should not be given until you are ready to start straight cow's milk. So in some senses I think the "cure" (a diet full of allergy-causing foods) is worse than the "disease" (eating meat once in a while). The book is also not very bfing friendly... if you push solids in the amounts recommended here and as early as recommended here, you could easily have supply problems or your baby could self-wean by 9-10 months.

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 this 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.

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