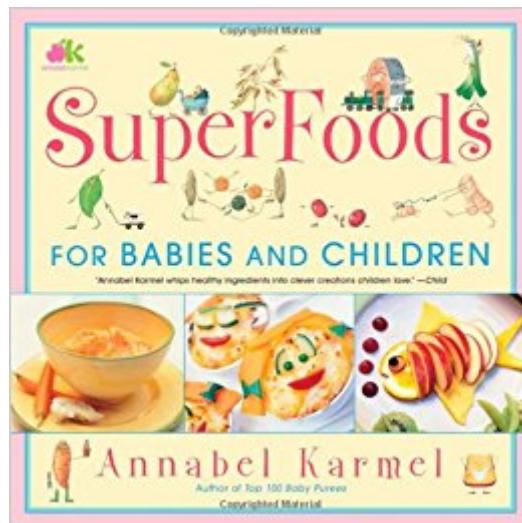


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# SuperFoods



## Synopsis

Now in paperback from bestselling author Annabel Karmel, a comprehensive guide for parents on how to pick and prepare the healthiest and tastiest foods for their children. Boost your baby's health with Annabel Karmel's delicious recipes and creative advice for feeding your child in the first five years. All parents want the best for their children, but choosing the freshest foods and preparing them in the most beneficial and appealing ways is not always easy. As a mother of three and author of more than twenty books on healthy food for children, Annabel Karmel knows better than anyone not only what children should eat but what children will eat. SuperFoods is both a cookbook and a reference manual that helps parents recognize the nutritional value in even the simplest foods. In addition to a variety of tempting recipes and invaluable advice, SuperFoods includes:

- More than 130 easy recipes suitable for children of all ages—from the best first foods to balanced family meals.
- Menu charts to help you plan ahead—most recipes are suitable for freezing.
- Information on how to avoid food allergies and common childhood complaints such as colic, constipation, and eczema.
- Suggestions for healthy convenience foods to keep in the pantry.
- Tasty recipes that harness the power of SuperFoods to promote growth and energy and boost immunity and brain power.

And much, much more!

## Book Information

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## Customer Reviews

British bestseller Karmel (The Complete Baby and Toddler Meal Planner) has made a name for herself cooking meals for kids that any devoted parent could admire, packing each breakfast, lunch and dinner with healthy, nicely presented, delicious foods. Now she and nutritionist Sacher make

baby and child fare even healthier by adding more of the brightly colored, antioxidant-rich, disease-fighting fruits and vegetables they call superfoods to every recipe. Broccoli, tomatoes, blueberries and carrots (among many others) find their way into tempting purees for little ones and into dishes like Tiny Pasta with GruyÃƒÂre, Spinach and Sweetcorn for older children (the book is divided into sections by age group). Karmel grates vegetables into spaghetti sauce for Baby's Bolognese and apples into Finger-Picking Chicken Balls; she whirls several fruits at a time into smoothies and ice pops; and provides good ideas for age-appropriate snacks. She clearly explains nutritional information in the introduction and in sidebars on every page, and includes menu planners for each stage. Karmel's tone throughout is positive and, in urging kids to try new tastes, adventurous. And though some of the recipes require more than a dozen ingredients, most are worth it. (June 6) Copyright Ã  © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"A modern-day bible of healthy eating for children" Family Circle "Annabel is truly amongst the best when it comes to creating tempting and nutritious food that would entice even the fussiest of eaters" Great Ormond St Hospital "I used a book by Annabel Karmel. She's a miracle woman" -- Jools Oliver --This text refers to an out of print or unavailable edition of this title.

When I transitioned from nursing my twins to feeding solid foods, this was my guide. I liked knowing exactly what was in my kids' food, and being able to choose organic produce, local humane meat and dairy, fresh seafood, etc. and still have all the convenience of baby food. The recipes are really delicious, packed with good nutrition, comprised of simple healthy ingredients, and for the most part easy to make. I made batches and froze ice cube tray size portions. So even when we went on trips I could throw some cubes in ziplocs, put it on ice in a cooler, and carry it along. There are a rich variety of recipes so you won't get bored. You get an education in nutrition info specifically tailored to the needs of babies. And a lot of the purees incorporate several food groups at once, like the salmon / orange juice/ sweet potato / cheese puree, which was a favorite. Also spinach orzo in Swiss cheese sauce was yummy, the fruit purees - wow, even the oatmeal was amazing. This is just an awesome resource if you care about what your children eat. The negative reviews seem to focus on the fact that it calls for foods that some children are allergic to. There is almost no food in the world that somebody isn't allergic to, so it's absurd to denigrate a cookbook for that. This does not pretend to be a cookbook for children with allergies, or who don't eat meat, or dairy, or whatever. If your child is allergic to something avoiding a cookbook is not going to save you from

finding that out the hard way eventually. My babies ate meat, strawberries, dairy etc and did nothing but glow with good health and contentment. This is a great little book. My kids just turned 6 years old and I still make them muffins from this book. We also loved Finger Foods and still use it for muffins and popsicles.

This book has helped me introduce my baby to a wide range of healthy foods. I have been using it since my child turned six months, and he is now 14 months old. I have found the nutritional information given in this book to be consistent with what my pediatrician recommended, including using cow's milk for cooking (not drinking) prior to one year. At nine months, my pediatrician encouraged me to begin giving my child whatever we were eating at the table in a pureed or mashed form. This is similar to what this author recommends--introducing children to adult tastes early on to shape their palates. My child ate almost every recipe I made from this book until he turned one year old and caloric needs decreased. Now he is much pickier. However, the tip of cream cheese on toast has been a life saver. We can get him to eat other nutritious foods he would normally spit out by holding the cream cheese toast within eyesight and explaining, "First the salmon, then the cream cheese toast," or "First the chicken then the cream cheese toast." I also find that I think in terms of color and incorporating a variety of color into my child's meals since reading this book. No child will eat everything, but this book has many excellent recipes and ideas.

I have purchased several baby and toddler cook books. I am very much into cooking healthy meals for my children that they will also enjoy. I used this book when my oldest was a baby and then it was on the shelf for awhile. I brought it out again after he turned three and started making the meals intended for 2/3 year old children. Both my almost 4 and almost 2 year old children will eat every meal I make out of this book. In contrast, I own both the Jessica Seinfeld books and I'm not impressed. Seinfeld's recipes are laborious and don't always turn out well. They also lack in taste and focus on what I consider to be conventional nutrition wisdom (focus is on low fat, she uses margarine in her recipes, etc.). I like this book so much that I intend on purchasing more from Karmel, but she has so many I do not know where to start. The only thing I do not like about this book is the recipes make small amounts. I solve that by doubling/tripling the recipes so that the whole family can eat them.

I wish I had seen this book when my first child was starting solids. I stumbled upon it at my local library and must have checked it out half a dozen times before I finally just bought it. There is a lot of

great information and easy recipes to try, as well as good information on what is considered a serving size at each developmental stage. The only reason I didn't give the book five stars is because a few recipes seem a bit adult for young palates, and a couple of the tips for garnishing, while cute, are just impractical (I'm not going to julienne one or two strips of carrot just to decorate when I'm in a hurry and trying to get dinner on the table). Overall this is a great book with well-written overviews of nutrition and serving size information. I highly recommend it to parents who are interested in cooking for their children.

I started using this book because my sister recommended it and her son ate better than any other child I knew. It was WONDERFUL. You don't waste a lot of time with Rice Cereal, which is good because getting into the fruits and veggies is much more healthy. My daughter is a wonderful eater now and will try anything. These recipes were pretty easy and the schedules were extremely helpful. As for the person that commented about only serving one thing for a week before introducing a new food, would you like to eat only one thing for a week? I truly believe that my child is a good eater because of the way that foods were introduced to her in this book.

This book has great ideas I can't wait to try out. I recognize a few of the recipes from other Annabel Karmel cookbooks and my LO loves those. There are less pictures and visual appeal than her newer books and I was expecting more ideas for each age group. But overall, lots of tasty recipes.

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