

Contents at a Glance

<i>Introduction</i>	1
<i>Part I: Lovin' Spoonfuls: Feeding Your Baby and Toddler</i>	7
Chapter 1: Little Meals for Little Folks, from Applesauce to Zucchini	9
Chapter 2: Raising a Well-Fed Child	27
Chapter 3: Tools and Tricks of the Trade: Kitchen Basics	43
<i>Part II: From Womb to Highchair: The First 12 Months</i>	63
Chapter 4: Welcome to the World, Baby! The First Four Months.....	65
Chapter 5: Enter Solid Foods: 4 to 6 Months	75
Chapter 6: Foods for Your Crawler: 6 to 12 Months.....	93
<i>Part III: Big Changes Ahead: Feeding Your Toddler</i>	113
Chapter 7: First Steps and First Scheduled Meals: 12 to 18 Months.....	115
Chapter 8: Good Eats for Your Active 18-Month- to 2-Year-Old.....	135
Chapter 9: Tasty Meals for 2-Year-Olds	157
<i>Part IV: Welcoming Your Child to the Big People's Table</i>	179
Chapter 10: Enticing Your 3- to 5-Year-Old	181
Chapter 11: Cooking with Your Little One.....	199
Chapter 12: Appealing Meals to Suit the Entire Family	223
<i>Part V: Fast Fixes for Mealtime Hurdles</i>	249
Chapter 13: Dealing with Food-Related Challenges	251
Chapter 14: Tempting Dishes for a Picky Eater	273
Chapter 15: Eating Away from Home	293
<i>Part VI: The Part of Tens</i>	311
Chapter 16: Ten Timesavers and Tips for Busy Parents	313
Chapter 17: Ten Tips to Get Your Child to Try New Foods	317

<i>Part VII: Appendixes</i>	323
Appendix A: Metric Conversion Guide	325
Appendix B: Food Logs	329
Appendix C: Sample Menus.....	335
<i>Index</i>	345

Recipes at a Glance

Foods for 4- to 6-Month-Olds

Rice Cereal.....	84
Barley Cereal.....	84
Oatmeal Cereal	85
Mixed-Grain Cereal.....	86
Summer Squash Puree.....	87
Fresh Carrot Puree	87
Creamy Corn Puree	88
Winter Squash Puree.....	88
Potato Puree.....	89
Fresh Sweet Potato Puree.....	90
Oatmeal and Potato Puree	90
Green Bean Puree	91
Mixed Greens Puree	92

Foods for 6- to 12-Month-Olds

Avocado and Squash Puree.....	99
Broccoli and Cauliflower Puree	99
Corn and Green Pea Puree	100
Rice and Peach Puree	100
Banana Peach Puree.....	101
Pureed Apples and Pears	101
Banana and Avocado Puree	102
Yogurt Banana Puree.....	102
Dried Apricot Puree	103
Turkey and Peas	104
Chicken and Peaches	105
Blueberry Steak Puree	105
Cod and Veggie Puree	106
Meat and Potato Puree	106
Lentils and Carrot Puree.....	107
Cinnamon Pear Puree	107
Cheesy Alphabet Pasta	108
Apple Chicken and Veggies	108
Ham and Veggie Casserole for Little Ones	109
Fish and Greens	110
Creamy Taters and Chicken	110

Cheesy Veggies	111
Simple Mini-Meatballs.....	112

Foods for 12- to 18-Month-Olds

Carrot Muffins	120
Homemade Pancakes	121
Breakfast Pizza.....	122
Banana Parfait.....	122
Avocado Turkey Sandwich.....	123
Corn and Chicken Soup	124
Grilled Cheese with Tomato.....	124
English Muffin Pizza	125
Cheesy Apple Toast.....	126
Cheesy Orzo and Veggies	126
Tofu and Pasta Dinner	128
Red Beans and Rice.....	128
Veggie Fritters	129
Apple-and-Turkey Meatballs	130
Bow-Tie Pasta with the Works	131
Ants on a Log	132
Muffin and Applesauce.....	132
Orange Banana Smoothie.....	133

Foods for 18-Month- to 2-Year-Olds

Zucchini Pear Pancakes.....	141
Smiling French Toast.....	142
Yogurt Delight	143
Banana Custard	143
Chicken Quesadilla Triangles	144
Vegetable Rounds	145
Cornflake Chicken Bites.....	146
Fruit Salad	147
Mushroom Chicken	148
Cheesy Rice and Broccoli.....	148
Stuffed Potatoes.....	149
Quick Fish Fillets	150
Quick and Easy Turkey Chili	151
Sweet Potato Cookies	152
Gummy Worm Mud	153
Vanilla Apricot Squares	154

Foods for 2-Year-Olds

Piggy in a Blanket	162
Cheesy Eggs and Toast	163
Fruity Toast Sticks	164
Tex-Mex Roll-Ups	165
Cheesy Ham and Peas	166
Crazy Open-Faced Ham Sandwich	166
Chicken and Veggie Quesadillas	167
Stuffed Apple	168
Pizza Meatloaf	169
Pasta Veggie Casserole	170
Crab Patties	171
Cheeseburger Tator Tot Bake	172
Stuffed Celery	173
Corn Chowder with Beef	174
Frozen Peanut Butter Bananas on a Stick	175
Banana Split	176
Fruity Shake	176
Frozen Fruit Slush	177
Simple Rice Pudding	177

Foods for 3- to 5-Year-Olds

Peanut Butter and Jelly Waffles	184
Peaches and Cheese Sandwich	185
Blueberry Whole-Wheat Waffles	186
Cheeseburger Soup	187
Homemade Stuffed Corn Dogs	188
Vegetable Chow Mein	189
Southwestern Tortilla Roll-Ups	190
Meat and Veggie Kebabs	190
Homemade Chicken Nuggets	191
Super Quick Chicken Enchiladas	192
Veggie Burritos	193
Chicken Lo Mein	194
Cupcake Family	195
Lemon Ice	196
Double-Chocolate Éclair Pie	196
Carrot Banana Smoothie	197
Watermelon Slushy	198

Foods to Get Your Child Involved

Barbecued Franks and Beans	204
Green Bean Casserole	205
Vegetable Primavera	206
Counting Fruit Salad.....	206
Caramel Rice	207
Homemade Pretzel Shapes.....	208
Pecan Turtles	209
Crispy Rice and Peanut Butter Logs	210
Ice Cream Igloos	210
Strawberry Yogurt Pie	211
Fruit Kebabs	212
Yogurt Pineapple Pops	212
Yummy Valentines	213
Chocolate and Peanut Butter Bird Nests.....	214
Hidden Treasure Cupcakes	215
Gelatin Eggs.....	216
Star and Stripes Cookies.....	217
Quick Flag Cake	218
Frightful Brownies	219
Eyeballs in a Bowl.....	220
Green Witch Punch	220
Instant Gingerbread House	221
Melting Snowballs	222

Foods for the Whole Family

Smiley Face Omelets	228
Sausage and Egg Casserole	229
Quick Breakfast Burritos	230
Snowflake Pancakes	230
Holiday French Toast	231
Turkey Soft Tacos	233
Cheesy Beef and Noodles	234
Hearty Meatballs	234
Watercress and Carrot Burgers	235
Chicken Apple Salad Sandwiches.....	236
Pesto Veggie Soup	236

Veggie and Chicken Calzone	238
Honey-Lime Grilled Chicken.....	239
Fresh Vegetable Soup.....	240
Baked Ham	241
Surprise Family Meatloaf.....	242
Stuffed Burgers	243
Veggie Casserole.....	244
Baked Ziti.....	245
Banana Cake.....	246
Blonde Brownies.....	247
Orange Dreamsicle.....	248

Foods Fit for the Allergic and Intolerant

Homemade Gluten-Free Flour	264
Rice Sponge Cake	264
Allergen-Free Teething Biscuits	266
Milk- and Egg-Free Bread	267
Allergy-Free Breakfast Crumble.....	268
Rice Milk.....	269
Basic Smoothie	270
Simple Allergy-Free Turkey Meatballs	270
Chicken with Beans and Rice.....	271
Allergy-Free Chili	272

Foods to Entice a Picky Eater

Grilled Apple and Cheese Sandwich	279
Bacon, Cheese, and Tomato Sandwich.....	280
Simply Hearty Beef Stew.....	280
Cheeseburger Macaroni.....	281
Tempting Chicken Tacos	282
Ham and Corkscrew Pasta	282
Sautéed Hamburger with Zucchini and Squash	283
Picky Eater Spaghetti	284
Chicken Whips	284
Homemade Fish Sticks.....	285
Hidden Treasure Mac and Cheese.....	286
Breadsticks and Homemade Pizza Sauce.....	286

Smiley Apple	287
Hatching Chicks.....	288
Peanut Butter and Apple Toast	289
Cheese Bites.....	290
Summer Sun Smoothie.....	291
Carrot Pineapple Smoothie	291
Blueberry Banana Smoothie	292
Watermelon Strawberry Smoothie.....	292

Foods for When You're Away from Home

Grape and Nut Mix	298
Healthy, Nutty Snack Mix.....	298
Stuffed Logs.....	299
Peanut Butter Cup and Apples	299
Nutty Veggie Dip	300
Pickle Wraps.....	300
Wrapped Hard-Boiled Egg	301
Ham and Pear Sandwiches	302
Avocado Chicken Sandwiches	302
Stuffed Croissant	303
Turkey Roll-Ups	304
Peanut Butter and Banana Wraps	304
Bagel Pizzas.....	305
Grilled Chicken and Pasta Salad.....	306
Bow-Tie Chicken Salad.....	306
Fruit Pasta Salad	307
Fruit Bowl	307
Peanut Butter Balls	308
Apricot Fruit Chews	309

Table of Contents

Introduction..... 1

About This Book.....	1
Conventions Used in This Book	1
What You're Not to Read.....	2
Foolish Assumptions	3
How This Book Is Organized.....	3
Part I: Lovin' Spoonfuls: Feeding Your Baby and Toddler.....	4
Part II: From Womb to Highchair: The First 12 Months.....	4
Part III: Big Changes Ahead: Feeding Your Toddler	4
Part IV: Welcoming Your Child to the Big People's Table.....	5
Part V: Fast Fixes for Mealtime Hurdles	5
Part VI: The Part of Tens	5
Part VII: Appendixes.....	5
Icons Used in This Book.....	6
Where to Go from Here.....	6

Part I: Lovin' Spoonfuls: Feeding Your Baby and Toddler..... 7

Chapter 1: Little Meals for Little Folks, from Applesauce to Zucchini 9

Understanding the Importance of First Meals.....	10
Why intuition isn't enough.....	10
Why homemade foods are best	12
What mealtime teaches your child	13
Weaning Baby and Introducing New Foods	13
Leaving the nipple and grabbing a spoon.....	15
Moving from bland to beautiful, from purees to well-crafted dishes	16
Observing basic rules when feeding your tyke	16
Facing and Hurdling Obstacles.....	18
When Ricky is really picky	18
If Grace is intolerant (or allergic).....	19
If Charlie is on the chubby side.....	20
When Father Time gives you a squeeze	20
What Do You Know? A Nutritional Test.....	21
The questions	21
The answers	24



Chapter 2: Raising a Well-Fed Child 27

Exploring the USDA Food Pyramid27
 Tailoring serving sizes to age29
 Breaking down the pyramid: The five food groups.....30
Providing a Good Foundation32
Putting Vitamins and Minerals to Work.....33
Going Green: The Well-Rounded Vegetarian Diet38
Knowing What to Expect of Your Child’s Eating Habits41

Chapter 3: Tools and Tricks of the Trade: Kitchen Basics 43

Getting the Right Equipment43
 Preparation and storage equipment44
 Feeding equipment.....49
Stocking Your Pantry52
Selecting Good Produce55
Storing Food Safely in the Fridge56
Getting Ahead of the Game: Freezing and Thawing.....57
 Preserving fresh foods in the freezer.....57
 Time to eat! Thawing frozen foods58
Feeling Hot (But Not Too Hot): Heating and Reheating59
Exercising Kitchen Caution.....60

***Part II: From Womb to Highchair:
The First 12 Months 63***

Chapter 4: Welcome to the World, Baby! The First Four Months 65

Your Baby’s Favorite Drink65
 Breast milk or formula?66
 Benefiting from breastfeeding.....66
 Facing the challenges of breastfeeding67
 Discovering the good and bad in formula68
Gauging the Amount Based on the Feeding Method70
 Measuring milk when baby’s latched on70
 Counting fluid ounces: The bottle method71
Detecting Early Digestive Problems and Intolerances72
 Tackling food intolerance73
 Comforting colic74
 Combating reflux74

Chapter 5: Enter Solid Foods: 4 to 6 Months 75

Moving Your Baby to Solid Foods75
 Knowing when to start.....76
 Introducing solids: Month 477
 Enter cereal variety and veggies: Month 579
 On with the veggie introductions: Month 681
Your Baby’s First “Real” Food: Homemade Cereals83
Solids Part 2: A Rainbow of Pureed Veggies86

Chapter 6: Foods for Your Crawler: 6 to 12 Months	93
Moving On to Bigger and Better Foods	94
Feeding more than just veggies: Months 7 and 8	94
Expanding baby's palatal interests: Months 9 and 10	95
Beginning to wean: Months 11 and 12	96
Losing the bottle, but not the milk.....	97
Simple but Satisfying Purees	98
The Best of Two Worlds: Combination Meals.....	104
Kicking It Up a Notch: More Complex Meals	108

Part III: Big Changes Ahead: Feeding Your Toddler..... 113

Chapter 7: First Steps and First Scheduled Meals: 12 to 18 Months	115
Understanding a 1-Year-Old's Mealtime Needs	116
Weaning your wee one from breast and bottle.....	116
The fat of the matter	117
Managing meals and snacks.....	117
Remembering that toddlers have taste buds, too	120
Rise and Shine — It's Breakfast Time	120
A Midday Boost: Lunches for Your Little One	123
All's Well that Ends Well: Delicious Dinners	127
Quick Cures for the Munchies	131
Chapter 8: Good Eats for Your Active 18-Month- to 2-Year-Old.	135
A Whole Lot of Change and Even More Patience	136
Managing meals and mealtimes.....	136
Dealing with the "shoveling syndrome"	138
Handling tantrums at the table.....	138
Starting Your Day the Healthy Way.....	140
Munching in the Afternoon	144
Drumming Up Dinner	147
Succumbing to Your Toddler's Sweet Tooth.....	151
Chapter 9: Tasty Meals for 2-Year-Olds	157
The Great Balancing Act: Mealtimes versus Your Sanity	158
Welcome to the land of small meals and snacks	158
Figuring out mealtime foods and portion sizes	158
Overcoming pickiness and making mealtime fun.....	160
Curing Morning Tummy Grumbles	162
Scaling the Midday Hump: Lunchtime!.....	164
Tempting Your Toddler at Dinnertime	168
Capping Off a Good Meal with Dessert	174

**Part IV: Welcoming Your Child to the
Big People's Table 179****Chapter 10: Enticing Your 3- to 5-Year-Old 181**

Leaving the Toddler Years Behind	181
Settling into a routine	182
Upping the variety in your child's diet	183
The Most Important Meal: Breakfast	184
Nifty Lunches for a Growing Kid	186
Grown-Up Dinners Fit for a Child	190
Tantalizing Toddler Treats	194

Chapter 11: Cooking with Your Little One 199

The Benefits of Cooking with Your child.....	200
You get quality time together	200
You can give your child a solid nutritional foundation	200
You help to instill a love of cooking.....	201
You help develop language and motor skills	201
Taking Precautions before You Begin	202
Getting Started: The Game Plan	203
Preparing Main Meals and Sides	204
Everyday Treats	207
Holiday Eats	213
Festive recipes from winter to spring.....	213
July 4th recipes.....	216
Halloween recipes	218
Christmas recipes.....	221

Chapter 12: Appealing Meals to Suit the Entire Family 223

The Importance of Eating Together	224
The Do's and Don'ts of Family Meals.....	225
Do be flexible	225
Don't get hung up on dinner	225
Do include everyone	226
Don't try to be a gourmet cook every day	226
Do set aside outside disturbances	227
Rising with the Roosters: Family Breakfasts	227
Family Lunches You Can Make in a Flash	233
Gathering around the Table: Family Dinners.....	237
Ending on a Sweet Note.....	246

***Part V: Fast Fixes for Mealtime Hurdles* 249**

Chapter 13: Dealing with Food-Related Challenges 251

The Temporary Nuisances: Food Allergies	252
Common allergy triggers	253
Symptoms of allergies	254
Getting a diagnosis	255
Dealing with an allergy (or allergies)	255
In for the Long Haul: Food Intolerances	256
Lactose intolerance	256
Gluten intolerance	259
Spitting Up (Or, Technically Speaking, Reflux)	261
Watching out for common symptoms	262
Diagnosing and treating reflux	263
Helpful Recipes	263
Gluten-free recipes	264
Other Allergy / Intolerance Recipes	266

Chapter 14: Tempting Dishes for a Picky Eater 273

Understanding Why Kids Are Picky	274
Tactics for Managing Your Picky Eater	276
Be consistent	276
Defuse the stress	276
Mix it up	277
Serve meals away from the table	277
Avoid disciplining behavior	278
Lunches with Great Taste Appeal	278
Irresistible Dinners and Sides	283
Munchies That'll Groove You	287
Sippable Sweets: Yummy Smoothies	290

Chapter 15: Eating Away from Home 293

Planning Ahead	294
Keeping Foods Cool or Warm en Route	294
When You Can't Avoid Fast Food	295
Wholesome Snacks	297
Sandwiches and Other Tummy Fillers	301
Not Your Average Salads	305
Sweet Sides for Sweetie Pies	307

***Part VI: The Part of Tens* 311**

Chapter 16: Ten Timesavers and Tips for Busy Parents 313

Cook in Advance	313
Cook Multiple Portions	314
Combine Easy and More Difficult	314

Plan One-Dish Recipe Night	314
Keep Lunch Quick and Easy	315
Limit Shopping to Once a Week.....	315
Be Mindful of Appliances	315
Get Ready Before You Cook	316
Clean as You Go	316
Team Up	316

Chapter 17: Ten Tips to Get Your Child to Try New Foods. 317

Choose the Right Time	317
Control the “Fill Factor”	318
Mix Old Foods with New Foods.....	318
Incorporate Condiments	319
Watch Out for Texture	319
Create a Visual Sensation.....	320
Liven Up the Plates and Spoons.....	320
Invent Mealtime Games	320
Make a Food Chart	321
Model Positive Behavior	322

Part VII: Appendixes*.....323*Appendix A: Metric Conversion Guide 325****Appendix B: Food Logs 329**

Grains.....	330
Veggies.....	331
Fruits.....	332
Milk Products.....	333
Meat and Beans	334

Appendix C: Sample Menus 335

Meal Plans for 5- to 6-Month-Olds	335
Meal Plans for 6- to 12-Month-Olds	336
Meal Plans for 12- to 18-Month-Olds.....	338
Meal Plans for 18-Month- to 2-Year-Olds	339
Meal Plans for 2-Year-Olds	340
Meal Plans for 3- to 5-Year-Olds.....	341
Meal Plans for Families with 3-Year-Olds and Up.....	342

***Index*.....345**