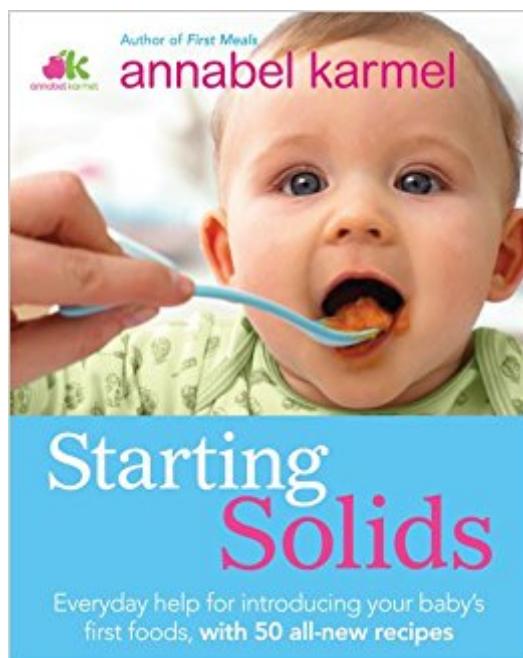


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# Starting Solids: The Essential Guide To Your Baby's First Foods



## Synopsis

Packed with simple, practical advice for the initial stages of weaning, Starting Solids is the perfect introductory book to first foods and gives parents all the information they need. Acclaimed children's nutritionist Annabel Karmel offers more than 50 delicious recipes to jumpstart parents into cooking healthy, nutritious food for their babies and three menu planners give extra guidance to parents. Starting Solids also features first-month menu planners, tips to help parents to encourage their babies to explore new tastes and textures, and answers questions about key feeding problems, such as allergies, fussy eating, weight concerns, and messy eaters.

## Book Information

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## Customer Reviews

Annabel Karmel is the world's leading expert and bestselling author on baby and children's food and nutrition. She has written 19 books, including DK's First Meals, Mom and Me Cookbook, First Meals and More, and Cook It Together among others.

I knew I wanted to make my baby's food homemade but had no idea where to start. This book was great for that. Some reviewers disliked the book because she does make some pretty big leaps from stage one to stage two. For that reason, I'd say this can't be your only resource. For example, stage one purees have one or two ingredients and then her stage two purees have more like 6-10. I modified them to make them appropriate to what my daughter was eating at that time and supplemented with other resources, but this book gave me the basics I needed to get started.

With so much information about starting solids out there, I felt overwhelmed and confused. This book helped me understand when to introduce new foods. It took the fear out of wondering whether something was right for my son. She also goes over how to prepare each food, step by step. I started with the simple purees, and moved on to more complex flavors, like corn, carrot and potato blend. She combines foods for interesting flavors and nutrition, that I would have never thought of. Starting Solids goes beyond some of the other baby food books, by creating recipes that are actually delicious! I used her recipe for vegetable broth and made my own (not something I thought I would do) to flavor some of the blends. My son loves them. I tried all the foods myself, and like everyone says, it's nice to know what's going into it. The author is thought to be an expert on baby foods, and has her own line of products and books. Of the three books I own, I like hers the best. She also covers proteins, which can be hard to navigate. I plan to make the salmon blend in the 6-7 month old section this month. The foods can be individually frozen which is convenient. I used a food processor for most recipes, though a blender could be used. The book is arranged in sections by stages and months, which makes it easy to read. The color photos are appealing also, the food actually looks good. She includes menu planners and variations to the recipes, as well. The getting started section has everything you need to begin cooking and serving solids, as well as a section on if your baby is ready. So she starts with purees, moves to blends and finger foods and lists yummy foods at 10 months, like chicken burgers and banana muffins. If you want just one book about solids, I would recommend this one. It's all you will need from around 6 mo to 12 months. There are many nutritious and fairly easy recipes that you will feel good about making for your baby.

Rated five stars, it's no surprise I love this book. It has been a tremendous resource to me as I introduced first foods to my baby and even now at 11 months where we have moved on to some of the heartier recipes. One negative comment suggested the food "difficulty" escalates too quickly, but, like all things with babies, each child is different, so you have to gauge the timing that is right for your baby. Not every 8-month-old is going to be eager to bite into a mini-sandwich, though some (like mine) will be. This book is full of great, diverse recipes, though you do have to introduce them at times that work for you.

Great little book; however, the same information can be easily found on the Internet. Shipping also took a while.

I had no idea what to give my daughter when she first started solids. This book is great because it

breaks down what your child should be eating by age. Very informative!

I have turned into the best cook ever since using this book! My husband is always asking what the delicious smells are whilst i am cooking and is always very disappointed when i tell him the meals are for the baby! The book is set out in a well structured and easy to manage way, the recipes are easy and quick. Most importantly i know my baby is getting the right food groups and he REALLY loves his meals. He has been eating recipes from this since he was 5mths old and is now 11 mths and super healthy! Thank you Annabel!

"Starting Solids: The Essential Guide to your babies first foods" is a great book. We got it when our son was 5 months old and read everything we needed to know to start solids when he turned 6 months. It is easy to read and answers all the questions I had. Plus has easy recipes for making your own solid foods. I continue to reference this book as my son grows.

This book is mostly a list of different fruits and vegetables you can blend together. It is probably useful for first time parents who have never fed a baby. However, if you cannot figure out to blend squash and apples, then this is the book for you!

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