



## What to Feed Your Baby: A Pediatrician's Guide to the Eleven Essential Foods to Guarantee Veggie-Loving, No-Fuss, Healthy-Eating Kids

By Tanya Altmann M.D.

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As a pediatrician, spokesperson for the American Academy of Pediatrics, and mother of three boys, Dr. Tanya Altmann knows that good nutrition is essential for healthy kids. In *What to Feed Your Baby*, Dr. Tanya provides the latest nutritional recommendations and best practices for feeding babies and young children. The simple, fool-proof program focuses on serving eleven foundation foods: eggs, prunes, avocado, fish, yogurt/cheese/milk, nuts, chicken/beans, fruit, green veggies, whole grains, and water. *What to Feed Your Baby* helps parents set their children up for a lifetime of healthy choices—and say goodbye to picky eating forever!

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## **Editorial Review**

### Review

“Food, glorious food! Dr. Tanya is an experienced pediatrician and mom and she knows exactly how to get your baby to eat well and happily. *What to Feed Your Baby* provides easy, fun, and tasty advice!” (**Harvey Karp, MD, FAAP, author of *The Happiest Toddler on the Block* and *The Happiest Baby on the Block***)

“Read it, do it, and watch your baby feel it. Written from the experienced plate of a mother and pediatrician, Dr. Tanya helps parents shape young tastes toward lifelong healthy eating habits.” (**William Sears, M.D, author of *The Baby Book***)

“*What to Feed your Baby* offers practical and tasty ways to build a foundation of healthy eating habits for the entire family. A must-read for all parents!” (**Ari Brown, MD, pediatrician and author of the *Baby 411* book series**)

“Feeding your baby and toddler can be tricky business, bringing many a parent to her knees. Answering even the questions you didn’t know you had, *What to Feed Your Baby* will be your go-to resource for navigating this often challenging aspect of child raising.” (**Betsy Brown Braun, Child Development and Behavior Specialist and author of *Just Tell Me What to Say***)

“Whips together equal portions of facts and kid-friendly recipes for parents hoping to raise healthy eaters. Dr. Tanya’s recommendations and list of 11 Foundation Foods provide an easy-to-follow guide and feeding schedules to help even the pickiest kids. A must-have book for every family’s dinner table!” (**Jennifer Shu, MD, co-author of *Heading Home with Your Newborn* and *Food Fights***)

“As a pediatrician I spend more time answering questions about feeding than any other topic. Here, Dr. Altmann raises her frank, reassuring voice to provide real-world advice. As a doctor I’m going to refer parents to this book, and as a dad I’m going to try Dr. Altmann’s tips!” (**David L Hill, MD, FAAP, author of *Dad to Dad: Parenting Like a Pro***)

“Healthy living starts with healthy eating, and the earlier we can teach our kids to eat well, the more likely they will grow up loving nutritious food. Dr. Tanya gives parents all the information they need to create healthy eating habits that will last a lifetime.” (**Harley Pasternak, MSc, *New York Times* bestselling author of *The Body Reset Diet***)

“Dr. Tanya helps parents make sense of early childhood nutrition, the newest feeding guidelines, and teaches how to help children have a healthy relationship with food. I love the chapter on raising vegetarian and vegan kids, and will have this informative, fun book within reach at all times!” (**Dr. Jenn Berman Mann, author of *SuperBaby: 12 Ways to Give your Child a Head Start in the First 3 Years* and host of *VH1 Family Therapy with Dr. Jenn***)

“Few things are as important to parents as teaching their children to eat right. *What to Feed Your Baby* is packed with important information. It’s a great read for worried parents and everyone-no matter how much they already know-will be able to learn something new.” (**Dina Rose, PhD, author of *It's Not About the Broccoli: Three Habits to Teach Your Kids for a Lifetime of Healthy Eating***)

“*What to Feed Your Baby* is equal parts parenting handbook, developmental primer, cookbook, and memoir. All of the feeding facts you need are in there, plus recipes and strategies. While her advice is focused on kids, Tanya has great nutrition information for the entire family.” (**Cara Natterson, MD, *New York Times* bestselling author of *The Care and Keeping of You 1: The Body Book for Younger Girls***)

“I have read numerous books on food and health; I want the basics but also want to know about organic eating, alternative choices, and vegetarian options. Until now, I hadn’t come across a book that offers it all. I can’t wait to incorporate Dr. Tanya’s suggestions into our meals!” (**Ali Landry, actress, former Miss USA, and mother of three children**)

“This clear, thorough guide by pediatrician Tanya Altmann will take the angst and confusion out of feeding time for parents and youngsters alike.” (***Publishers Weekly***)

“Tanya Altmann has the gift of putting readers at ease about the stresses of feeding kids. Her pediatrician approved advice on tricky feeding issues will make you feel like you can help your child be a great eater for a lifetime! The essential guide.” (**Catherine McCord, author of *Weelicious: 140 Fast, Fresh, and Easy Recipes***)

“Today we’re learning how to take charge of our children’s food...and our next guest literally wrote the book on it. Make sure you pick up Dr. Tanya’s book!” (**LIVE with Kelly**)

“She has a plan to make sure your kids get the nutrition they need and [has] the secret to saying good bye to picky eating for good.” (**Good Morning America**)

“*What to Feed Your Baby* aims to create clarity for parents and caregivers, and offers plenty of solid information to help parents navigate a sometimes-tricky part of raising children.” (**Natural Mother Magazine**)

#### About the Author

Tanya Altmann, MD, FAAP, is a practicing pediatrician who founded Calabasas Pediatrics, and an assistant clinical professor at Mattel Children’s Hospital at UCLA. She also is an American Academy of Pediatrics spokesperson, and sits on the Editorial Advisory Board for Sharecare. Dr. Tanya is the author of *Mommy Calls: Dr. Tanya Answers Parents’ Top 101 Questions About Babies and Toddlers* and Editor in Chief of *Caring for Your Baby and Young Child: Birth to Age 5*. She lives in Los Angeles, CA. Visit her online at [www.DrTanya.com](http://www.DrTanya.com).

## Users Review

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#### Dorothy Wright:

People live in this new day of lifestyle always attempt to and must have the extra time or they will get lot of stress from both everyday life and work. So , whenever we ask do people have time, we will say absolutely sure. People is human not really a robot. Then we inquire again, what kind of activity are you experiencing when the spare time coming to an individual of course your answer will unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative throughout spending your spare time, often the book you have read is actually *What to Feed Your Baby: A Pediatrician's Guide to the Eleven Essential Foods to Guarantee Veggie-Loving, No-Fuss, Healthy-Eating Kids*.

**Hector Naranjo:**

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**Joshua Parsons:**

Is it anyone who having spare time in that case spend it whole day by simply watching television programs or just lying down on the bed? Do you need something new? This What to Feed Your Baby: A Pediatrician's Guide to the Eleven Essential Foods to Guarantee Veggie-Loving, No-Fuss, Healthy-Eating Kids can be the solution, oh how comes? It's a book you know. You are so out of date, spending your free time by reading in this new era is common not a geek activity. So what these textbooks have than the others?

**Loren Benton:**

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