
To the babies who inspired us,
Charlie, Maxwell, Lachlan,
Owen and Elliotte

Contents

[Foreword](#)

[Introduction](#)

[Newborn to Six Months](#)

The Baby's Table
[From Six to Nine Months](#)

[From Nine to Twelve Months](#)

[Toddlers](#)

[Appendix I: Canada's Food Guide](#)

[Appendix II: Resources](#)

[Appendix III: Growth Charts](#)

[Appendix IV: References](#)

Foreword

As a general consultant pediatrician, I've been fielding questions for years from new parents about what (and how) to feed their children. When I first started my practice, I am embarrassed to say, many of these questions truly stumped me: When can I stop warming up the bottle? When can I give the baby eggs? Juice? Yogurt? It wasn't until I had children *The Baby's Table* of my own that I realized how much there truly is to learn about the care and feeding of babies. And, alas, knowing how and what to feed a baby and putting it into practice are two different things.

The Baby's Table is full of delicious ideas and recipes. While some of the recipes may sound intimidating to the sleep-deprived new parent (Gourmet Tuna Melts or Salmon and Vegetables with Creamy Dill Sauce), they are all surprisingly simple and quick to prepare. When Mom and Dad are craving their favorite spicy takeout, having some of the dishes frozen in bulk to feed baby is a great option.

This book—part recipe book, part everything-you-need-to-know-to-feed-a-baby—answers all the feeding and nutrition questions I tried to answer in my early years as a pediatrician as well as the questions I The Baby's Table had when I was figuring it out for myself as a new parent. The Baby's Table The dishes are truly The Baby's Table great-tasting as well as nutritious and safe. They focus on unprocessed, unsweetened and unsalted whole foods.

Finally! A book that I will be happy to recommend to new parents, to help them feed their baby for those crucial first years.

Cheryl L. Mutch M.D., C.M., F.R.C.P(C.)

Pediatrician, Burnaby, B.C., Canada

Introduction

If you're like many new parents, you may find the prospect of making your own baby food a daunting one. The Baby's Table You're no Naked Chef; baby's keeping you busy (and tired)—and besides, how would you know that what you're The Baby's Table feeding your infant is safe and supplies the nutrients needed for healthy development?

It's easier than you think. And *The Baby's Table*, filled with The Baby's Table important nutritional information and cooking tips and more than 150 simple and tasty recipes, can show you how. There are helpful hints on dealing with behavioral issues such as feeding problems, and strategies for making healthy eating a pleasurable experience—for you The Baby's Table as well as for your baby.

More and more parents today are seeing the advantages of preparing homemade baby food. It's nutritional, economical and takes far less time than you think. All you need is a steamer basket, a blender or food processor, a small double boiler, ice cube trays and a freezer. In an afternoon—during one of baby's naptimes—you can whip up and freeze an entire month's supply of meals rich in essential nutrients.

Your baby's nutrition is of critical importance for physical and intellectual growth and development and has lasting implications for his or her future. Using the tips, recipes and meal plans provided in *The Baby's Table*, you can create your own baby-pleasing fare that offers nutritional advantages not found in commercial The Baby's Table brands. Homemade baby food

cuts down on unwanted additives and offers your baby a wider variety of textures and flavors than commercial baby food could hope to replicate. The savings are substantial; your own baby food can be prepared at a fraction of the cost of store-bought. In the long term, offering home-prepared baby food can also help you shape your baby's food choices for a healthy childhood, and beyond.

All recipes in *The Baby's Table* have been reviewed by a physician and tested by parents—and more importantly, babies! Information is based on the latest medical and nutritional research and complies with the current Canadian guidelines for infant feeding. Be aware that the contents of this book are not intended as medical advice: the suggestions apply only to healthy, full-term infants, and parents should consult with their doctor before undertaking any change in their infant's diet.

The chapters in *The Baby's Table* are conveniently named for the age group to which the recipes apply: Newborn to Six Months; From Six to Nine Months; From Nine to Twelve Months; and Toddlers. There are also four helpful Appendices: Canada's Food Guide, Resources, Growth Charts, and References. For the purposes of this cookbook, age definitions are as follows: *newborn*, up to one month; *infant*, from birth to 12 months; *toddler*, from 1 to 3 years; and *child*, 3 years and older.

The fact that you're reading this book shows you're ready to take the plunge. Congratulations—you have made a commitment to a healthy future for your baby. Read on, have fun, be creative—and, since you're sure to be taste-testing these recipes yourself, *bon appétit!*

The Baby's Table