



What to Feed Your Baby: A Pediatrician's Guide to the 11 Essential Foods to Guarantee Veggie-Loving, No-Fuss, Healthy-Eating Kids

Tanya Altmann

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Dr. Tanya Altmann is an experienced pediatrician and 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*)

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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