

Extended Table of Contents of the Super Baby Food Book

Introduction

Even though the Super Baby Food book contains 608 pages, you read only a small part of it each month as your baby grows. What new parent has time to read a large book?! At the beginning of the book is a section titled "How to Save Time Reading this Book" which does just as it says.

Part I. Feeding Your Super Baby

Chapter 1.

Solid Foods: When to Start? Which Food First? What Consistency? How Much?

This chapter discusses the age to introduce your little one to solid foods and why it is so important to start at the right age. The "Twelve Signs that Your Baby is Ready for Solid Foods" are listed. It also includes the foods most highly recommended as first foods for your baby, which are those least likely to cause allergies and digestive problems.

Chapter 2.

The Feeding Area and Equipment

This chapter explains how to set up your baby's feeding area so that it is comfortable and safe. It includes how to buy baby spoons, bibs, baby cups, feeding chairs, etc.

Chapter 3.

Baby's Very First Meal

This chapter includes everything you need to know to make baby's first meal of solid foods pleasant and successful: the best time of the day for baby's first meal, the consistency and temperature to make the food, the amount you should feed baby, and how your baby's poop will be affected.

Chapter 4.

Allergies and the Four-Day Wait Rule

This chapter defines allergy and discusses how to introduce foods so as to minimize the likelihood of causing your baby to develop a food allergy. It discusses the four causes of food allergies. It lists the foods young babies are most likely and least likely to be allergic to. It instructs you how to watch for the symptoms of food allergy to determine if your baby has an allergy and tells you what to do if she does. It includes a discussion of lactose (milk) intolerance and how it differs from milk allergy.

Chapter 5.

Important Safety Warnings

This chapter lists the foods which you should not feed your baby, such as foods that are choking hazards, foods likely to cause digestive problems, and foods that contain bacteria that can be fatal to a young baby. It gives information on how to prevent choking, how to prevent kitchen burns, and how to safely heat your baby's food so that you don't burn her mouth. The section "How to Prevent Dental Problems" discusses how to protect your baby's teeth and includes how to brush your baby's teeth, fluoride supplements and nutrition, and bottle mouth carries.

Chapter 6.

How Much Should My Baby Eat?

A major concern of parents is the amount of food their babies should be eating to promote proper physical and intellectual development. This chapter discusses the amount of food your baby should be eating, the ages when growth spurts typically occur, "fat" babies, a baby who "doesn't eat enough," why you should NEVER force a baby to eat, and how to tell if your baby is eating the proper amount of food.

Chapter 7.

How Much Breast Milk or Formula, Water, and Juice Should My Baby Drink?

The importance of your baby getting enough breast milk or formula in her first several months of life cannot be overemphasized. This chapter discusses how to tell if your baby is drinking enough and what to do if she is not. It discusses the best water for your baby: tap, filtered, bottled, spring water, etc. It discusses when and how to introduce juice to your baby and which kind of juice to use, why you should give your baby juice in a cup and not in a bottle, and warns about dental problems from juice.

Chapter 8. Vitamin and Mineral Supplements

This chapter discusses the type of vitamin drops your baby should take and other supplements, such as fluoride and iron supplements.

Chapter 9. Mealtimes and Your Baby's Physical, Intellectual, and Emotional Development

The Super Baby Food Book explains why eating is such an important learning process. Mealtimes and self-feeding and a *parent's attitude* towards it are very important to your baby's physical, intellectual, psychological, and emotional development or for preventing future eating disorders. Included is how, why, and when you should allow your baby to start finger feeding, self-feeding with a spoon and fork, drinking from the cup, eating teething foods, and when to allow your baby to join the family table and eat table foods. Also included: information about your baby's digestive system at each age, facts about your baby's gross motor and fine motor development as they pertain to eating and self-feeding, growth charts (height and weight percentiles) for babies and toddlers from birth to age three years, and how and when to wean your baby from the bottle or breast.

Chapter 10. A Month-By-Month Summary Schedule for the Introduction of Foods in Baby's First Year

This table is a quick, at-a-glance, two-page reference summary with age-appropriate foods to introduce to your baby during each month of his first year.

Chapter 11. Feeding Your Super Baby During the First Few Weeks

This chapter picks up immediately after the Chapter 3 "Baby's Very First Meal" and tells you how to feed your baby his second meal and his meals during his first few weeks of solid foods. It includes when to start feeding your baby two meals per day, when you can give your baby more than one single food at a time (such as cereal with bananas added), the size of a food serving for beginning eaters, and how to begin feeding your baby a diet balanced in the nutrients from the major food groups.

Chapter 12. Feeding Your Super Baby at 6 Months

This chapter contains complete information on how to feed your baby when she is six months old, including:

- which foods to introduce to your baby at 6 months

- the amount of food your baby should be eating daily at 6 months
- the amount of liquids (breast milk/formula, juice, and water) he should be drinking daily at 6 months
- the consistency and temperature to make her food at 6 months
- the recommended daily number of food servings of fruits/veggies, cereals, protein foods, juices, and dairy foods for your 6-month old
- a sample daily feeding schedule for your 6-month old
- information about the maturity of his digestive system at 6 months
- the self-feeding skills that she may exhibit at 6 months, such as the ability to finger feed, spoon feed herself, and drink from the cup
- age-appropriate finger foods, teething foods, table foods, dairy foods, and juice for your 6-month old.

For an example of the detail included in these chapters, click on Chapter 13 below.

Chapter 13.
Feeding Your Super Baby at 7 Months

Chapter 14.
Feeding Your Super Baby at 8 Months

Contains all topics in Chapter 12, but pertaining to a 8-month old baby.

Chapter 15.
Feeding Your Super Baby at 9 Months

Contains all topics in Chapter 12, but pertaining to a 9-month old baby.

Chapter 16.
Feeding Your Super Baby at 10 Months

Contains all topics in Chapter 12, but pertaining to a 10-month old baby.

Chapter 17.
Feeding Your Super Baby at 11 Months

Contains all topics in Chapter 12, but pertaining to a 11-month old baby.

Chapter 18. Feeding Your Super Toddler

This chapter includes complete information on how to feed your toddler from his first birthday until he is three years old, and is divided into sections for 12-18 month olds, 18-24 month olds, and 24-36 month olds. Included are the feeding skills your toddler will learn during these months, toddler nutrition, appetite changes, food preferences, "toddler quirks," amount of daily milk intake and food serving sizes, and many other facts and tips on toddler-feeding.

Chapter 19. The Super Baby Food Diet: An Easy, Healthy Diet for Your Super Baby

The Super Baby Food Diet is an extremely healthy diet composed of only whole, natural foods. Pediatricians and nutritionists agree that this diet fulfills all of your growing baby's nutritional requirements. How do you, a very busy parent, keep track of all the food your baby needs daily? This chapter makes it SUPER EASY--guaranteed!! Even your baby-sitter will think so. The preparation time of the extraordinarily nutritious Super Baby Food Diet "main meal" is *less than three minutes* and contains the majority of nutrients your baby needs for the entire day. Other small meals and snacks take up the slack, and this chapter tells you how to make them quickly and easily in less than two to three minutes. Keeping track of your baby's diet and nutritional needs is effortless. You will be thrilled at how easy it is to feed your baby a super healthy diet by following the instructions and tips in this chapter on the super easy SUPER BABY FOOD DIET! **We absolutely guarantee this or your full money back!**

Part II. Preparation and Storage of the Super Baby Foods

Why don't parents feed their baby homemade baby food? Because they don't realize how quick and easy it is these days. Because of the blender or food processor, you can prepare super nutritious, healthy, and delicious baby food in minutes! Jars of commercial baby foods are overpriced and you're paying through the nose! Homemade foods are so much healthier! Each meal takes only a few minutes to prepare--guaranteed!--and all you need is a blender or food processor.

If you do choose to make homemade baby food for your baby, the chapters in Part II below explain all you should know about making safe, healthy, nutritious, and economical baby food. You will save lots of money--it is possible to make some homemade Super Baby Food for as little as 3¢ a serving!!

Chapter 20.

Kitchen Equipment: You Probably Already Have Everything You Need

The equipment necessary for making homemade baby food is probably already in your kitchen some ice cube trays and a blender or food processor. This chapter has tips on how to organize your kitchen and contains ideas on how to save money on kitchen equipment.

Chapter 21.

Kitchen and Baby Food Hygiene

Whether you are feeding your baby commercial jars and boxes of baby food or making your own homemade food, you should know how bacteria grows and the basic techniques to prevent its growth. This chapter contains important information on how to prevent food poisoning and keep dangerous bacteria (E. coli, salmonella, botulism, etc.) out of your family's food.

Chapter 22. Methods of Freezing and Thawing Super Baby Foods

This chapter explains how to safely freeze and thaw foods for your baby. It gives you step-by-step instructions on the four methods of freezing foods. Also included is information about your refrigerator and freezer, tips on how to save money and time while storing baby foods, and how to safely thaw baby foods to prevent freezer burn and bacterial growth. It also contains tips on saving freezer space and how to buy freezer containers.

Chapter 23.

Vegetables and Fruits

This chapter (and the next five chapters) gives you step-by-step instructions on how to prepare veggies and fruits (and the other foods below) for your baby. Many money-saving and time-saving tips are included.

Chapter 24.

Super Porridge Baby Cereals

Step-by-step instructions on how to prepare super nutritious homemade baby cereals out of brown rice, oatmeal, and other whole grains. Homemade baby cereals take only minutes to prepare and are SOOOO much healthier and cost only a fraction of commercial cereals. Also included in this chapter is how to safely refrigerate, freeze, and thaw homemade baby cereals.

Chapter 25.

Super Baby Foods from Whole Grains

The nutritional differences between whole grain and processed grain products are detailed in this chapter: whole grain breads, cereals, pastas, wheat germ, muffins, etc. Processed baby cereals, with most of their nutrients and fiber removed, may be a reason why most babies get sick so often and have diarrhea, constipation, and other digestive problems. A section in this chapter explains how to bake and store whole wheat bread so that it turns out light and delicious.

Chapter 26.

Legumes: Dried Beans, Peas, and Lentils

Beans and other legumes are among of the healthiest foods possible for you and your baby. Legumes are also super cheap!! People are becoming more aware of the nutritional value of beans and other legumes. This chapter explains how to safely prepare and store them for your baby.

Chapter 27.

Nuts and Seeds

Most Americans are unaware and are missing out on the nutritional goodness of raw, unsalted, organic nuts and seeds: They are truly nature's gift of health to us!! This chapter tells you how to buy and prepare them for baby. (Warning: Whole nuts and seeds are choking hazards; make sure you don't give your baby nuts, seeds, or sprouts before you read this chapter.) The section on sprouts will show you how easy and fun they are to grow! If your baby is allergic to milk and intolerant of commercial baby formulas, you may want to make nut/seed milks as a substitute. Be sure to get your pediatrician's OK first.

Chapter 28.

Yogurt, Cheese, and Other Dairy Foods

This chapter covers how to buy and store cheese and other dairy products for your baby. Also included are details on how to buy and store yogurt, a super duper baby food, and how to make it at home easily and cheaply, if you so choose.

Chapter 29.

Egg Yolks

Egg yolks are a highly recommended baby food by pediatricians, dieticians, and nutritionists, but you must be careful about how you store and cook them in order to prevent salmonella poisoning. This chapter gives you all the information you need to prepare them safely for baby. (Your baby should not have egg *whites* until her first birthday because they are a high allergen food.)

Chapter 30.

Miscellaneous Super Baby Foods

This chapter lists other super duper healthy baby foods and how to buy them, cook them, store them, and most importantly, how and when to introduce them to your baby: healthy oils for baby, nutritional yeast (brewer's yeast or torula yeast), wheat germ, nonfat dry milk powder, agar-agar, arrowroot, blackstrap molasses, and others.

It is important that babies get enough fat in their diets. This chapter discusses the healthy types of vegetable oils for cooking and eating, and those rich in omega3 (an extremely important nutrient lacking in the typical American diet). It contains a money-saving, quick and easy recipe for homemade oil spray (Pam®).

Chapter 31.

Meat is Optional in Baby's Diet

This chapter explains how to SAFELY buy, prepare, and store meat, poultry, and fish for your baby. The dangers of E. coli and salmonella bacteria and what you can do to prevent them are covered in detail. Included are the ages to introduce your baby to each type of meat, poultry, and fish.

Meat is an optional food for babies. Parents who wish to feed their baby a vegetarian diet can follow the Super Baby Food Diet and replace meat with the non-meat complete protein foods: dairy products, egg yolks, and plant foods combined using protein complementarily.

Part III. Recipes

Part III contains more than 350 recipes designed to be quick and easy for busy parents and healthy, delicious, and fun for our babies and toddlers. Dozens of tips are interspersed throughout the recipes to save you time and money.

Part IV. Fun Stuff !

This Fun Part is a totally new addition to the second edition of the Super Baby Food Book.

Chapter 33.

Food Decorating

Babies and toddlers can sometimes be picky eaters. This chapter gives you ideas on how to decorate foods to make meals relaxed and fun! The ideas for making food fun and for decorating food will take only a few seconds of your time, but it will make your child feel very special.

Chapter 34.

Let's Have a Party!

This chapter contains HUNDREDS of creative tips and money-saving ideas for birthday parties. Everything from easy-to-make homemade party invitations to party games and arts and crafts is included. Save money by making your own cute and clever birthday cakes—why pay \$20-\$30 for a professionally-baked cake when you can use these easy patterns using regular cake pans to make your own adorable cake for only a few dollars!

Chapter 35.

Arts and Crafts, Toys, and Costumes

No need to buy expensive commercial materials when it's so easy and cheap to make your own. Below is a list of the money-saving recipes, tips, and ideas found in this chapter:

HOW TO MAKE AN ECONOMICAL

- Child-sized table
- Painting smock
- Drop cloths
- Paint palettes
- Paint brushes
- Stencils
- Molds
- Frames
- Easels
- Homemade blackboard
- Where to find cheap paper

PAINTING AND COLORING

- Three bottles of primary-colored paint are all you need if you color mix with these recipes
- No-mess color mixing projects
- No-mess brush painting
- Milk water paint
- Window paint
- Shiny paint
- Puffy paint
- Egg yolk paint
- Spin, drip, dribble, double, roll, shake, and blow fun painting projects
- Bubble painting
- Invisible ink
- Snow painting

Watercolor paint
Finger paint
Finger painting with salt
Pudding finger paint
Whipped cream finger paint
Ice cube painting
Face and body paint
Chameleon t-shirt project
Sponge painting
Re-cycled crayon cookies
More uses for broken crayons
Artwork with crayons

MODELING DOUGHS

Play dough
Coloring the dough
Play dough tools
Play dough sculptures
Hand prints and foot prints
Bread dough for modeling
Clothes dryer lint play dough
Gak (homemade Silly Putty®)
Goey weird stuff

BATHTUB FUN!

Bathtub colored water
Bathtub finger paint I
Bathroom finger paint II
Bathtub soap crayons
Bathtub aroma therapy
Educational water play
Dry water play
Beach and sand box toys

HOMEMADE TOYS, GIFTS, AND COSTUMES

Homemade toys
Ideas for homemade gifts FROM your toddler
Homemade cards
Homemade gift wrap
Valentine's Day cards
Easter crafts
Christmas crafts and gifts
Homemade ornaments
Easy, economical, home-made Halloween costumes
Halloween treats
Halloween decorations

BUBBLES FOR BLOWING

Super homemade monster bubble solution
No tears bubble solution
Bubble solution containers
Bubble blowing tips

MISCELLANEOUS CRAFTS AND RECIPES

Homemade stamping patterns and paints

Homemade stickers
Homemade sticker book
Mosaics and textured art materials
Shadow boxes
Mosaic wreaths Mosaic signs
Colored sand art
Colored salt art
Paper maché
Tinted glue
Homemade paste
Homemade candles
Sidewalk chalk from plaster
Eggshell sidewalk chalk
Embroidery, lacing, and stringing toys for fine-motor development
Homemade bird feeders
Bird baths
Crystal gardens

Part V. Reference and Appendices

Appendix A. Specific Fruits and Vegetables

Appendix B. Homemade Personal and Baby Products and Accessories

Below is a list of topics, recipes, and money-saving ideas found in this appendix:

Homemade baby wipes
Homemade bibs
Tips for diaper rash
Diaper powder
Diaper tips
Diaper mat
Hair detanglers
Hairspray
Hair gel
Mom's and dad's deodorant recipe that is safe for baby
Baby clothes
Safety accessories
Baby furniture tips
Bath accessories
Bathtub toy bag
Non-slip holders
Bath bottles
Shampoo
More bath tips

Baby linens
Tips for creating more storage

Appendix C. **Baby-Safe, Environment-Friendly Household Products**

Below is a list of topics and recipes covered in this appendix. These household cleaning recipes cost only *pennies* to make! They are quick and easy and made from common household ingredients, and they are as effective or more effective than the expensive commercial products. Most are so safe for your baby and the environment that they are actually edible!

BABY-SAFE RECIPES FOR:

Window cleaner
All-purpose cleaner
Furniture polish
Floor polish
Cleaner for baby's toys
Dishwasher detergent
Bathroom cleaner
Kitchen cleaners
Linoleum floor cleaners
Drain cleaners
Oven cleaner
Laundry soap and detergent
Fabric softener
Bleach
Super clothing stain remover
Dry cleaner's secret
Making clothing flame retardant
Ice melt and traction
Air fresheners
Refrigerator odors
Carpets and rugs
Preventing newspaper from yellowing
Taking advantage of your machines

FIRST-AID FOR YOUR HOME:

Your baby is more important than the carpet
How to fix wood scratches and rings
How to tighten loose knobs
How to remove crayon marks
How to remove melted crayon wax from the carpet
How to remove ink stains
How to remove stickers, chewing gum, silly putty, decals, and price tags
Spit-up stain and odor remove/r
Urine stain and odor remover
How to remove blood stains

BABY-SAFE HOUSEHOLD PESTICIDES TO PREVENT AND GET RID OF:

Ants
Snails
Slugs

Cockroaches
Fleas
Mice
Plant Pests
Homemade fly paper

Appendix D.

Your Kitchen Window is a Green Mine

Growing food plants is a wonderful way to teach your toddler that real food comes from the Earth and not from cans and boxes in the supermarket. This appendix explains how to grow herbs on your windowsill for food and fun! It includes how to start these plants indoors: a grape vine, an apple tree, a pineapple plant, an avocado plant, a sweet potato plant, and many others. There's even a section on growing fragrant plants for pampering yourself—homegrown aroma therapy!

Appendix E.

Nutrition 101: A Crash Course in Nutrition

This chapter is an easy-to-understand introduction to nutrition. It explains how to do a nutritional analysis of your baby's diet and discusses the number of calories and the amounts of fat and protein your baby needs each day. Included is non-technical information about antioxidants, complex carbohydrates, proteins (with an explanation of the protein complementarity used in vegetarianism), omega3 and essential fatty acids, and the difference between fat-soluble and water-soluble vitamins. This knowledge will help you in feeding your baby a nutritionally-sound diet.

The nutrition part of the *Super Baby Food* book also contains the section: **Toxic Substances Found in the Human Body and How to Avoid Them:** Aluminum, Cadmium, Lead, Mercury, and Radon.

Appendix F.

Nutrient Tables with Baby-Sized Portions

Appendix G.

Common Cookbook Measures and Metric Equivalents

Common abbreviations found in cookbooks, equivalent measures (such as 1 fluid ounce is equal to 2 tablespoons), and metric equivalents for our international readers.

Bibliography

The bibliography contains all reference books used to write the book. Use it to find more information on a particular subject.

Index

An extensive index makes finding information easy in this large book.

Recipe Index

An index of recipes makes them easy to find by category.

Index of Often-referenced Pages and Tables

An index of quick-reference tables and other summaries which you will find yourself using frequently.