

## **Parents Fevered Frenzy to Feed Babies Fabulous Food Fulfilled**

*Famed baby food book author, Ruth Yaron, announces long-awaited completely revised and updated edition of best-seller, **Super Baby Food***

Parents know that you get only one shot to feed your baby right. Ruth Yaron has been helping parents get it right for more than 15 years. Ruth's book, **Super Baby Food**, is affectionately referred to as the *baby food bible* by over half a million parents worldwide because it literally contains *everything* you will ever need to know about feeding a baby and toddler. It features, for example, a very special type of baby cereal Ruth calls Super Porridge. This is definitely not your mom's powdered white rice baby cereal. We are talking about organic, whole grains and legumes, blended and boiled at home with a bit of nutritional yeast and/or tahini sprinkled in for an extra nutritious touch. Sound like too much hassle? Ruth makes it simple and that's just one reason it is truly Super Baby Food!

Today parents everywhere crave the organic, nutritious, safe, wholesome (and inexpensive) foods that Ruth teaches how to prepare, store, and serve to their little ones. Even celebrities have taken **Super Baby Food** under their wings, sharing it with their audiences. From Cindy Crawford, who was so supportive of the Super Baby Food method that she interviewed Ruth on *Good Morning America*, to Kourtney Kardashian, who could be seen leisurely reading the highly recognizable purple-covered book on her TV show, *Meet the Kardashians*.

Martha Stewart recently featured **Super Baby Food** (and Yaron) on her TV show. "**Super Baby Food**," said Ms. Stewart, "is a fantastic guide for introducing your baby to delicious and wholesome homemade foods." Parents, famous or not, have come to rely on Ruth's book to provide the best possible food choices for their baby, including recommendations on the appropriate age to introduce each food.

The demand by fans, as well as new and expectant mothers who have heard about the book, for an updated and revised edition has been heard loudly for the past couple years. And now Ruth has delivered. The new edition is filled with the same sound guidance the book has always had, and supplemented with the latest advice from the experts, including the USDA MyPlate and American Academy of Pediatricians recommendations. The book is filled with new recipes, new resources, and ways to connect with rapidly growing Super Baby Food communities online, all in an easy-to-navigate format that new parents have been craving.

For more information visit Ruth's web site ([www.SuperBabyFood.com](http://www.SuperBabyFood.com)) or follow her on Twitter (@Super\_Baby\_Food) and Facebook ([www.facebook.com/SuperBabyFood](http://www.facebook.com/SuperBabyFood)).

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*Editor Note:* Review copies and interviews with Ruth are available upon request. **Super Baby Food** will be available from bookstores and online retailers, through Baker & Taylor and Ingram, as well as directly from the publisher at [www.superbabyfood.com](http://www.superbabyfood.com)

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