



Healthy Eating for Babies and Children (Teach Yourself: Guides)

Mary Whiting, Tim Lobstein

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Healthy Eating for Babies and Children (Teach Yourself: **Guides)**

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Healthy Eating for Babies and Children (Teach Yourself: Guides) Mary Whiting, Tim Lobstein A guide for parents in ensuring that babies and young children eat a balanced diet. Advice and carefully prepared recipes are provided as well as information about breast-feeding and baby food. The advice is backed by the findings of research undertaken by the Food Commission.



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