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## Sprout Right: Nutrition from Tummy to Toddler

By Lianne Phillipson-Webb

Penguin Global. Paperback. Book Condition: New. Paperback. 292 pages. Dimensions: 9.3in. x 7.4in. x 1.0in. We want all the babies and children to grow up in a world with as much health, wealth, and happiness as possible. The way the world is heading at the moment, the experts are saying that our wishes for our children may not be possible. So if you are not already an environmentalist, then jump on the bandwagon and take a ride. It will only benefit every person on the planet! In Sprout Right, registered nutrition consultant Lianne Phillipson-Webb clearly explains simple nutritional steps to influence the health of your baby from conception to birth, what a breastfeeding mom should be eating to fortify nature's perfect food, what to look for in a formula, and everything you need to know about starting your baby on solids with ease and confidence. Phillipson-Webb also explains how the Sprout Right approach allows baby's digestive system to mature, hopefully lessening the potential for allergies and reactions, and then progress to family food in the toddler years. Packed with essential nutritional information, the book includes over 75 delicious recipes, including a variety of purees, chunky and super-chunky purees, and solids fit...



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