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## **Baby food : advice and recipes PDF E-BOK**

**Anna Hansson**



Författare: Anna Hansson  
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## BESKRIVNING

Baby food - advice and recipes is filled with practical advice and tasty recipes. In this booklet you will receive guidance from the first samples, via trial portions to whole meals. You will also receive tips and suggestions on how you can plan a whole day's menu at different ages, about healthy fats and how to avoid sugar traps. The recipes range from the very first purées to complete dinners - from 8 months onwards they are calculated for the entire family - everyone can eat the same food! Snacks and filling sandwiches for outings are also included. There is also a whole lacto-vegetarian section, with advice on how to compose a nutritional vegetarian diet as well as recipes. The booklet is written by the registered dieticians Carina Trägårdh Tornhill, from the department for clinical nutrition and Anna Hansson, of the paediatric medical clinic at Skånes universitetssjukhus in Lund, in conjunction with colleagues from Region Skåne. The booklet Baby food is also available in Swedish.

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