

Contents

Acknowledgments	vii
Introduction	ix
Chapter One: The Journey Begins in You	1
<i>Part I: Nutrition during Pregnancy.....</i>	1
<i>Part II: Nutrition during Lactation</i>	10
Chapter Two: A Journey to the Milky Way:	
Baby's First Six Months	15
Chapter Three: Building Blocks for Baby Nutrition	25
Chapter Four: A Journey to the Market.....	37
Chapter Five: Food Allergies and Intolerances:	
They Are Not the Same!	51
Chapter Six: Preparing Homemade Baby Food:	
It's Easier than You Think!	61
Chapter Seven: Welcome to Mom's Kitchen!	
Starting Solid Foods	71
Chapter Eight: Recipes for Six Months Plus.....	87
Chapter Nine: Foods for Months Seven and Eight.....	93
Chapter Ten: Recipes for Months Seven and Eight	99
Chapter Eleven: Foods for Months Nine to Twelve.....	123
Chapter Twelve: Recipes for Months Nine to Twelve	131
Chapter Thirteen: Foods for Months Twelve to Eighteen...	
and Beyond	153
<i>Part I: Your Twelve- to Eighteen-Month-Old Toddler.....</i>	154
<i>Part II: A Healthy Vegetarian Diet.....</i>	165

Chapter Fourteen: Recipes for Months Twelve to Eighteen... and Beyond	175
Appendix I: Vitamins and Minerals Reference	233
Appendix II: Whole-Foods Suppliers.....	239
Appendix III: Websites for Additional Information.....	241
Glossary	245
Recipe Index	251
Subject Index	257
About the Author	276