



The Toddler Bistro: Toddler-Approved Recipes and Expert Nutrition Advice

Christina Schmidt

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Based on the most current nutritional information available, this accessible reference offers new mothers a fresh approach to feeding a toddler. More than a how-to guide, this unique handbook offers innovative elements—from whimsical illustrations to clever recipe names. Colorful devices and asides—“foolish fats,” “funky fruits,” and “meat monsters”—call attention to special topics, making them easy to remember. Assisting parents in developing an approach to food that is easy, organized, and fun, this study offers helpful tips through entertaining features such as “Bistro Basics” and “Chef’s Secrets.” Focusing on the age range of one to three years—when new foods and tastes are typically introduced—this survey also includes tips and tricks for quick shopping, easy recipes, and nutrient and supplement needs. Blending the basics of good nutrition with expert advice and guidance, this comprehensive manual is ideal for both the working and stay-at-home mom.

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