



Vegetarian Meals for Babies and Young Children

Narelle McLean

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Everything you need to know to produce tasty vegetarian food for children while providing a completely balanced diet is provided in this book. The first section deals with the nutritional requirements of babies and young children, as well as what to feed them and when. There is also a section on introducing solids and tips for meal times with older children and toddlers, it also checks out the pros and cons of pre-packaged foods and discusses food allergies and food intolerances.

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