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Feeding The Whole Family: Cooking With Whole Foods: More Than 200 Recipes For Feeding Babies, Young Children, And Their Parents



Synopsis

This fully revised and updated edition of the best-selling cookbook, including 45 new recipes, shows parents how to make nutritious meals for the whole family, including babies and young children.

For over 15 years Cynthia Lair's classic cookbook has been the source for parents who want to cook one healthy meal for the entire family, including babies. With more than 200 recipes this revised fourth edition teaches the basics of understanding a balanced whole-foods diet, from grains and beans to meat, dairy, fruits, and vegetables. Lair includes information on breastfeeding, beginning babies on solid foods, food allergies and intolerances, raising healthy eaters, and the importance of sharing nourishing meals as a family. In each recipe Lair offers instructions on how to adapt meals so that babies who are just starting solids, as well as older babies, can enjoy the dish, while children and adults eat a more complex version to satisfy their palates. All recipes use easy-to-find ingredients, are simple to follow, and will be enjoyable for the whole family.

Book Information

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Customer Reviews

"The one book I want my children and grandchildren to feast on...this masterpiece is loaded with nourishing tips that every family will delight in." •Kathie Madonna Swift MS RDN LDN FAND EBQCo-Founder, Integrative and Functional Nutrition Academy "We love the book and the stories [Cynthia] tells in both [her] words and of course [her] recipes. Just what the doctor ordered, the recipes to health in one book." •Robert Graham, MD, MPH, Fresh Med NYC

“Looking for a cookbook for a family with small children? Look no further! This is it.” This newly updated edition of *Feeding the Whole Family* is the all-time fabulous family cookbook that takes the guesswork out of what to feed children at different ages and stages and delights parents all in one volume. A winner! • Rebecca Katz, MS, author of *Clean Soups* and founder of the Healing Kitchens Institute “These recipes will not only feed the whole family, they will nourish their trillions of gut bacteria as well!” • Erica D. Sonnenburg, senior research scientist at Stanford University School of Medicine, Department of Microbiology and Immunology “This fully revised update of a classic title is an excellent primer for whole-foods cooking at home.” • Booklist “A classic family favorite” • satisfying even the pickiest of eaters. • ParentMap “It feels good to nurture your family with a homecooked meal, and the new, revised edition of *Feeding the Whole Family* from Cynthia Lair is full of recipes to inspire you.” • Colorado Parent “A must-have for the family kitchen.” • 425 Magazine “This book is a great educational resource for a unique approach on cooking for your family. Lair, once a nutrition counselor, walks you through her simple recipes that every member of your family will enjoy, as well, provides nutritional information for healthy eating. In every recipe, she offers suggestions on how to prepare the dish so that younger children can enjoy the meal with a quick alternative to the parents more sophisticated version.” • The recipes are creatively written, with beautiful illustrations. • Local Haven “[A] great additional resources for cooking whole foods” • The Whole U, University of Washington “Enormously helpful in the kitchen.” • Soule Mama “A spectacular chef.” • Art Zone with Nancy Guppy “Those interested in cooking healthy food for their family and trying new and perhaps unusual recipes will want this in their cookbook collection.” • Library Journal “The best of the best.” • Rebecca Katz “Feeding the Whole Family is a necessary staple for all families.” • Cut Out + Keep “Now in her newly revised edition [of *Feeding the Whole Family*] which contains 45 NEW recipes - even more mums and dads will be able to cook good, healthy food, and learn the basics of understanding a balanced diet.” • Mummy Pages “A breath of fresh air in a culture of convenience and special diets.” • Living Upp (podcast) “An awesome book for those of us who actually want to eat the same food as our kids instead of making separate meals.” • Sandhurst Co-op blog “One of the first books I ever bought on nutrition.” • Health Food Detective

Cynthia Lair has been on faculty at Bastyr University since 1994 and founded Bastyr's Bachelor of Science in Nutrition and Culinary Arts degree program. She lives in Seattle.

Well written with plenty of pictures. If you have one cookbook for your whole family this should be the one.

I wasn't impressed with the recipes here. I bought it in hope of trying to incorporate new ideas, ingredients to prepare family meals with a little one (10 months old) in mind, but most of these recipes aren't geared toward that age. I could tweak the recipes and prepare 2 separate meals each time, but that really defeats the idea "feeding the whole family" as advertised here.

I've had a previous version but wanted to upgrade to this latest version with color photos and more recipes! Great, nutritious recipes with lots of ideas to incorporate baby and little kids into the meals. The smoked salmon Reuben is my favorite.

I love this book and not just for the information on nutrition or the recipes or even the pictures which make me drool. I love Cynthia's prose. She's got a way with adjectives. Even the book itself is better than most just for having cover flaps which double as page savers.

Awesome cook book! Have been using her recipes from her cookus interruptus website and older cookbook versions for years!

I have the previous version of this cookbook and it's the only cookbook that I use multiple times each week. I love it and had to pre-order the new version! There are so many amazing recipes that don't take hours to make. I recommend this cookbook to everyone, whether you have kids or not. Be sure to try the braised kale, the tahini sesame noodles, yakisoba soup, white bean and kale minestrone, Mediterranean quinoa and the awesome grilled salmon, to name a few. It also has great guidance on basics like stock and beans and squash. The new version has some new recipes I can't wait to try. Buy this cookbook!

It is a fabulous cookbook! Great photos ! My kids love the recipes!!

Another great book by Cynthia Lair. I look forward to the extra time I have over the holidays to dive

into these recipes.

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