



Cocina para tu bebe. Recetas saladas y dulces para niños de hasta dos años. (Spanish Edition)

Paula Gandolfini

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Cuando los niños llegan a los 4 y 5 meses de edad es tiempo de ir complementando la nutrición en base a leche (sea esta materna o de fórmula) con otro tipo de alimentos. De esa forma, se van incorporando paulatinamente diferentes ingredientes y diversas preparaciones hasta que el pequeño “coma de todo”. Pero... ¿con qué alimentos empezar este proceso, en qué momento incorporar cada uno de ellos y cómo prepararlos para que resulten saludables y atractivos a la vez? No existe una respuesta teórica única y universalmente válida para las tres preguntas que acabamos de hacer, pero este libro las resuelve de manera práctica y en base a los últimos descubrimientos y tendencias de la nutrición.

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