



# Feed Yourself, Feed Your Family: Good Nutrition and Healthy Cooking for New Moms and Growing Families

*La Leche League International*

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**Feed Yourself, Feed Your Family: Good Nutrition and Healthy Cooking for New Moms and Growing Families** La Leche League International  
A BLUEPRINT FOR A LIFETIME OF HEALTHY MEALS

**From pregnancy to breastfeeding through weaning and beyond, the comprehensive one-stop nutrition and cooking guide for mothers eager to nourish the whole growing family with healthy and delicious meals**

Your approach to eating changes when you become pregnant, give birth, and become responsible for feeding an infant, toddler, or growing child. Featuring more than seventy-five easy-to-make and delicious recipes, sanity-saving, mom-tested advice, and vital information about your nutritional needs when pregnant, nursing, or weaning, *Feed Yourself, Feed Your Family* helps you set your family on a course for a lifetime of healthy eating. Focusing on the five basic nutritional stages between birth and the time when your baby takes a seat at the family table, and with an emphasis on organic, unprocessed foods, this invaluable resource offers

- nutrition-packed, kid-pleasing recipes—including make-ahead, no-cook, one-handed (while nursing), on the run, or sit down meals—many of which are all-time La Leche League International member favorites
- facts on how a mother's diet affects her milk (and baby's tastes)
- perfect energizing foods to support busy new parents learning a new way of life
- pantry- and fridge-stocking suggestions for simple meals in minutes
- the best organic and shortcut foods in every grocery aisle, from fresh to frozen
- tips and nutritional information for safely shedding pounds while breastfeeding
- fun ways to get children involved in the kitchen and invested in the food they eat
- candid, reassuring stories from mothers like you

La Leche League International is the most trusted name in breastfeeding information, support, and advocacy. Founded in 1956 by seven intrepid women, the League now has more than 7,000 accredited leaders in sixty-eight countries, and offers phone, online, and in-person consultation to breastfeeding mothers. Visit [www.llli.org](http://www.llli.org) for more information.

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### **From reader reviews:**

#### **Shawn Croll:**

Feed Yourself, Feed Your Family: Good Nutrition and Healthy Cooking for New Moms and Growing Families can be one of your beginning books that are good idea. Many of us recommend that straight away because this guide has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The writer giving his/her effort that will put every word into pleasure arrangement in writing Feed Yourself, Feed Your Family: Good Nutrition and Healthy Cooking for New Moms and Growing Families but doesn't forget the main position, giving the reader the hottest as well as based confirm resource data that maybe you can be considered one of it. This great information can certainly drawn you into completely new stage of crucial considering.

#### **Michelle Seidl:**

Are you kind of occupied person, only have 10 or even 15 minute in your time to upgrading your mind ability or thinking skill perhaps analytical thinking? Then you are receiving problem with the book when compared with can satisfy your short time to read it because pretty much everything time you only find e-book that need more time to be read. Feed Yourself, Feed Your Family: Good Nutrition and Healthy Cooking for New Moms and Growing Families can be your answer because it can be read by a person who have those short spare time problems.

#### **Brenda Burrows:**

Reading a book for being new life style in this season; every people loves to learn a book. When you learn a book you can get a lots of benefit. When you read guides, you can improve your knowledge, simply because book has a lot of information on it. The information that you will get depend on what forms of book that you have read. If you need to get information about your examine, you can read education books, but if you act like you want to entertain yourself look for a fiction books, these kinds of us novel, comics, and also soon. The Feed Yourself, Feed Your Family: Good Nutrition and Healthy Cooking for New Moms and Growing Families offer you a new experience in studying a book.

#### **Raymond Jackson:**

Many people spending their period by playing outside along with friends, fun activity together with family or just watching TV the whole day. You can have new activity to pay your whole day by looking at a book. Ugh, do you think reading a book can actually hard because you have to use the book everywhere? It fine you can have the e-book, having everywhere you want in your Smart phone. Like Feed Yourself, Feed Your Family: Good Nutrition and Healthy Cooking for New Moms and Growing Families which is getting the e-book version. So , try out this book? Let's observe.

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