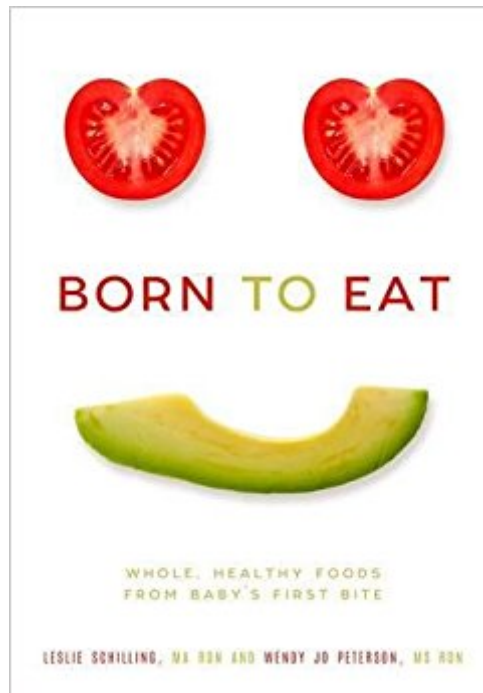




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# Born To Eat: Whole, Healthy Foods From Baby's First Bite



## Synopsis

For thousands of years, humans have thrived without baby food (which was invented in the late nineteenth century). Think about it: the human race has made it this far largely on whole food. Only in recent decades have we begun overthinking and over-processing our foods, which has led to chronic dieting, chronic disease, disordered eating, body distrust, and epidemic confusion about the best way to feed ourselves and families. Eating is an innate skill that has been overcomplicated by marketing schemes and a dieting culture. It's time to leave the dieting culture behind for the whole family. It starts with the baby's first bite! We are all Born to Eat and it seems only natural for us to start at the beginning with our babies. When babies show signs of readiness for solid foods, they can eat almost everything the family eats and become healthy, happy eaters in the process. By honoring self-regulation (also an innate skill) and focusing on a whole food foundation, we can foster healthier children, parents, and families. You don't have to cook another entire meal to feed just baby, nor blend everything you eat into a puree to support healthy growth in an infant. With a little patience, presence, and skill, you can transform nearly any family meal into a baby-friendly food. Who knew a little planning could have the whole family eating together, and better? Aside from the United States, most countries are accepting of babies starting of solids with the foods of the family. With a focus on self-feeding and a baby-led weaning approach, nutritionists and wellness experts Wendy Jo Peterson and Leslie Schilling provide age-based advice, step-by-step instructions, help for parents, and easy recipes so you can ensure that your infant is introduced to healthy and tasty food as early as possible.

## Book Information

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## Customer Reviews

"Born to Eat answered all my questions about baby-led weaning. Leslie and Wendy Jo will help parents raise children who feel good about food and their bodies, which is preventative medicine at its best. I wish this book had been around when my daughter was a baby! Highly recommended for new parents."

• Katja Rowell, MD, author of *Helping Your Child with Extreme Picky Eating*

"What comes over in this easy-to-read book is that moving on to solid foods should be a positive experience, and that we can trust our babies to know their own bodies. By choosing healthy foods and being present and purposeful at shared family mealtimes, we can feel confident to sit back and let our children make their own discoveries and decisions because we are all Born to Eat."

• Gill Rapley, PhD, coauthor of *Baby Led Weaning*

"Born to Eat is the 'what to expect'™ for infant feeding. From evidence-backed recommendations to real-life anecdotes, the authors deliver simple, key steps for nurturing healthy families with simple, wholesome foods. This is the go-to guide for fostering infants and families who love food and recognize the powerful relationship it has in family life."

• Katie Ferraro, RDN and founder of InGrain Health

"Problem solved! Born to Eat is like a trustworthy friend showing you the ropes of feeding your infant with love and compassion. As new parents, we care deeply about doing what's best for baby, but food can be especially overwhelming. Read this book and experience the joys of watching your child explore eating with curiosity and engagement. Leslie and Wendy Jo give you the information you need and the permission to make it work for your family through the years."

• Rebecca Scritchfield, author of *Body Kindness*

"Born To Eat is a must-read for anyone thinking about trying baby-led weaning. It's a practical guide that provides simple, actionable steps for each stage of the process and addresses all of the common questions and fears that many parents have."

• Lindsay Livingston, RD, founder of The Lean Green Bean blog

"Born to Eat emphasizes two of the most important aspects of child feeding that also happen to be lacking in our society today: connection and trust. Leslie and Wendy Jo combine their professional experience with their parenting wisdom to remind us that feeding our children is supposed to be a simple, fun, and nurturing experience, rather than one of stress, guilt, and worry. Born to Eat protects a child's ability to self-regulate their intake and nurtures their innate curiosity of food. For any parents considering the baby-led weaning approach or an approach that fosters a healthy relationship with food for the entire family, Born to Eat is a must!"

• Lindsay Stenovec, MS, RD, CEDRD, owner of Nutrition Instincts & founder of The Nurtured Mama Club

"The bottom line is that parents are working too hard to feed their babies. It should be fun! Not intimidating. Let your baby explore and learn from experience on their own time. And if you think about it . . . the

healthiest foodsâ •foods in their whole, unprocessed formâ •are actually the easiest to self-feed!  
Born to Eat is a resource that every parent needs on their shelves." â •Sidney Fry, MS, RD, James  
Beard award-winning food writer and nutrition expert

Wendy Jo Peterson, MS, RDN is a registered dietitian and culinary nutritionist. She is the coauthor of *The Mediterranean Diet Cookbook For Dummies* and *Adrenal Fatigue For Dummies*. As with all military spouses, she wears many hats, but her favorite is her role as a mama. She splits her time between Austin, Texas; San Diego, California; and Europe. Leslie Schilling, MA, RDN is a nationally recognized registered dietitian & nutrition expert. She's been featured in *Women's Health*, BuzzFeed, Yahoo News, the Huffington Post, USNews, and on HGTV. Leslie is a self-proclaimed anti-diet dietitian who teaches health through self-care and pleasurable eating. When she's not cooking with her family, she's likely shopping for ingredients near her home in Las Vegas, Nevada.

This book is a must have whether you're starting from the beginning with a baby led feeding approach or if you started with purées and are still a little nervous about feeding baby table food. We started with BLW and quickly chickened out after our babe's first few little gags. I could not find enough support or resources to make me feel confident I was feeding her solids the "right way". Thankfully I found the Born to Eat social media pages around the same time my baby started refusing to be spoon fed. I could not wait for my copy to ship. The literature reads as if you are bouncing ideas off your best friend over a glass of wine or a cup of coffee. The recipes we have tried so far have been delish! But, my favorite part(s) of the book are the detailed guide on how to get started, what to start with, and how to prepare and cut for each skill level. Now that I finally feel confident enough in what and how I am feeding my baby, mealtimes are less stressful and more fun - the way they should be!

Well, hello common sense! Where ya been? Finally, back to the basics. This approach makes so much sense. As a pediatric speech language pathologist who works with feeding issues I am excited to see the impact of this movement on the population I work with. I do believe that for some kiddos this approach could prevent sensory issues that could land them in my office. Kids learn to manage different textures, flavors and food shapes orally before they really get into the swallowing portion of eating. With spoon feeding purees the oral sensory experience of it is missed. BRAVO!

This book is incredible! It's full of science backed research (and references!), beautifully organized, wonderful illustrations, helpful tips, yummy recipes and meal plans! I find the comparisons of how to cut food based on the child's stage to be extremely helpful. This book was written with everyone in mind - from a super talented and experienced cook, to a mediocre cook like myself! It answered all of my questions and addressed fears I had when I started my daughter on solids. I also love their website, instagram page (borntoeatbook), and Facebook page because the authors continue to give tips, meal ideas, and new info. It was incredibly well thought out. This is definitely a book I will be giving new parents and grandparents. This book received rave reviews by one of the pioneers of Baby Led Weaning, Gill Rapley, as well as countless registered dietitians and culinary nutritionists that are well known in their field. I felt very empowered after reading this book. I will continue to reference it as my daughter grows. Our family is a huge fan of this book.

I must admit that I was skeptical when I picked up this book, but after reading it, I highly recommend it. Born to Eat is full of evidence-based practical tips about feeding and nutrition for the infant/young child (and their families). Although it is packed with research, it reads like a conversation with a good, knowledgeable friend- no judgement, no shame, just encouragement to do what is best for you and your child. I have a feeling I will be referencing this for years to come.

Easy to read, well researched, and real life examples that were helpful and ideas of what to feed and how to prepare it (so helpful!). This is baby 3 for us and we've used baby lead weaning with our other kids as well so I can say this approach truly does work! Also, I was in a rut and lost some motivation to start this whole process over again with #3 and this book helped me get out of that funk and excited again to start introducing real food. Great resource!

As a new mom the world of baby feeding seemed very daunting and overwhelming! Born to Eat was such a gift for our family! The non judgemental and supportive writing helped guide us on our feeding journey. My husband and I felt comfortable and empowered to feed our baby and ourselves in a safe, healthy manner. Prior to reading Born to Eat, I read all the available books on BLW and although I had all the information possible, I still had many questions! Born to Eat clarified EVERY single question I had! The visuals are phenomenal. We have been following a mostly self feeding approach for my daughter for 3 months now while traveling the world and she has been able to eat safely and happily in every country and restaurant we have visited. So grateful for the fact that these

mommas clearly wrote this as they lived it with their kiddos and wrote an easy and life changing book! If you love family meals, restaurants and adventurous eaters this book is for you!

As a Dietitian, I knew I wanted the best when it came to feeding my daughter. I figured that was making purees at home. Until another Dietitian Mom suggested baby led weaning, which she highly recommended. Born To Eat clearly explains the process of baby led weaning, making you feel excited and confident about feeding your child! Anyone who is going to feed a child should be reading this book. It is so refreshing to read a book about child-feeding written by two dietitians. Born to Eat has made me confident in letting my daughter take the lead with self feeding. She sits at the table with us for meals and eats what we eat!

Really enjoying this book. I am a dietitian and this really helps to give confidence not only for me to use personally with my baby but also any clients that are looking for more information.

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