

Recetas para bebés y niños

Recipes for babies and children



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5 great books to enjoy meals together. A nutritional guide from birth until five years of age, with over 100 recipes and many tips and ideas to turn a meal into a happy moment.

EARLY FOOD. 6 months. How to introduce the first food

other than milk into the baby's diet: fruit, vegetables, cereals and other foods that provide vitamins and minerals.

THE BABY GROWS. 7-9 months. It is time for meat, fish and cheese, which provide valuable protein, iron and calcium.

FAMILY MENU. 10-12 months. All the tips you need to complete the transition to adult food.

EATING EVERY DAY. 1-5 years. Ideas to bring something new onto the table every day and ensure children get all the nutrients they need.

FESTIVALS AND CELEBRATIONS. 1-5 years. The best creative proposals to prepare fun and tasty menus.

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