



100 Resep Bubur Bayi Usia 6-12 Bulan (Indonesian Edition)

Hindah Muaris

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Synopsis: Parents must pay attention to the breast milk supplementary food provision, that is usually given to baby when they turn 6 months old, because breast milk supplementary food is aimed to meet the nutritional needs for a child to grow and develop. In preparing supplementary food, the parents may choose instant or homemade food. Ready to eat food is practical because they can be instantly eaten after adding hot water. Whereas homemade porridge requires a long time to prepare and cook, however it surely has its own advantage. One of the advantages of homemade porridge is the cultivation of healthy eating habit for children early on. Most homemade porridge uses fresh ingredients that are more varied, nutritious and free of additives. Not only that, homemade food is more hygienic, delicious and it is also more cost-saving. Furthermore, breast milk supplementary food can have more variety in order to fulfil the balance nutrition. The more diverse ingredients fed to the child, surely the nutritional needs are better fulfilled. This book contains 100 varieties of breast milk supplementary food from milk porridge, puree, coarse puree to steamed porridge. You don't have to worry of running out of ideas serving breast milk supplementary food for your children. (<http://www.gramediainternational.com/book/detail/9789792276916>)

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