



Essen und Trinken im Kleinkindalter (German Edition)

Ingeborg Hanreich

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Auf Anregung von Leserinnen und Lesern wurde unser Ernährungsleitfaden für Kinder von 1 bis 6 Jahren erweitert. Er spannt den Boden von Fastfood bis Smoothies und bietet eine praxisnahe Portionsberechnung in "Kinderhandvoll" für alle Lebensmittelgruppen und beantwortet zahlreiche Elternfragen:

- Was muss ich bei der Familienkost im 2. Lebensjahr beachten?
- Isst mein Kind das, was es essen sollte, oder nur Lieblingsspeisen?
- Was tue ich, wenn es ein Gemüse-Muffel ist oder kaum trinkt?
- Was tue ich bei Verstopfung?
- Was tue ich bei Allergiegefährdung?

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