Safe Plate: What's Your Biggest Question About Feeding Babies? Transcript

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Introduction and Book Announcement

For nearly 50 years, I've cared for children and worked with parents to help them make healthy choices for their families. Right now I'm finishing a new book called Save Plate from Heritage to Health.

It's designed to health families raise healthy eaters from infancy to childhood while honoring the foods and traditions that are important to us as a culture.

Questions About Feeding Babies 4 to 18 Months

Before I finish the book though, parents, grandparents, and caregivers. What is your biggest question about feeding a baby between 4 and 18 months? Is it starting solid foods?

What about food allergies? Are always picky eaters a problem? Or is it introducing family foods are just something else? Leave your questions in the comments below.

Over the next several weeks, I'll be answering your question and sharing tips from my book, Your questions may even help shape the final book. I'm Dr.

Mike Lenore and I look forward to hearing from you.