



Dreaming of becoming an IBCLC?

We can help you make that dream come true.

Born to be Breastfed

New shows weekly

January 7th 2019: **The Nursing Mom's No-Fuss Guide to Cooking for the Whole Family**

You need to nurse your baby, find a food your toddler will eat, and feed dinner to the whole family. Your own stomach is growling, but is it okay for nursing moms to eat cabbage? What about sushi? How can you avoid making separate meals for everyone? Join Marie and her guests, dietitian Dr. Allison Childress and Chef Aurora Satler, authors of *The Ultimate New Mom's Cookbook, A Complete Food and Nutrition Resource for Expectant Mothers, Babies, and Toddlers*. Is it true your baby won't eat vegetables if you offer fruits first? How many more times should you offer a food after your older baby h

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New shows weekly on VoiceAmerica Health and Wellness Channel

EPISODE ON DEMAND

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Featured Guests



Aurora Satler

Aurora Satler is the author of *The Ultimate New Mom's Cookbook*, a guide for first-time parents that helps them navigate the new world of prenatal nutrition, baby purees, and picky eaters.

[Read more](#)



Allison Childress

Allison Childress PhD, RDN, CSSD, LD is a registered and licensed dietitian. She is Board Certified in Sports Dietetics.

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