

How to feed your Baby

0-24 months

& support their

Immunity, Gut Health & Brain Development



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Disclaimer:

This publication is intended for informational purposes only and is designed for typically developing children without underlying health conditions. The content, information, opinions, and suggestions contained herein are not a substitute for professional advice from a medical or health professional. Readers are advised to use and consider the content, information, opinions, and suggestions from this publication with caution and at their own discretion. Super Mini Eats will not be liable or responsible for any loss, injury, or damage arising from the use or misuse of any content, information, opinion, or suggestion provided in this publication.



1. Introduction

Welcome to Super Nutrition

Dear Parent,

Congratulations on taking a significant step towards ensuring your child's optimal health through nutrition. This book is designed to provide you with evidence-based, practical information on how to start feeding your baby and continue offering foods that will support their lifelong well-being. By nourishing our children with healthy foods now, we are not only enhancing their individual health but also contributing to a healthier world for future generations.

I firmly believe that nurturing and caring for children is the only way to human progress. The new generations will likely be smarter and more capable than us, partly due to access to a variety of nutritious foods, as well as technological and scientific advancements. These young minds might solve the world's most pressing problems, such as hunger, inequality, and ecological challenges—issues that we and our ancestors have grappled with.

Thank you for joining me on this journey to improve the lives of our little ones and create a better future. Together, we can make a meaningful impact on the health and well-being of our children and the world they will inherit.

Jovana Tomic Poepelt Author, Mom & MSc in Food Science





Super Mini Eats - Super Nutrition for Babies & Kids, founded by a mom of two with a Master of Science in Food Science, a Child Nutrition Diploma, and a Certificate in Nutrition for Breastfeeding, is dedicated to revolutionizing early childhood nutrition. We combine the latest scientific research with practical solutions for busy parents.

Our mission is to empower new parents worldwide with accessible, evidence-based nutrition solutions that emphasize whole and locally sourced foods to support immunity, gut health, and brain development in children.

Committed to social good, Super Mini Eats pledges 5% of this Guide's sales to UNICEF, an organization dedicated to improving the well-being of children globally.



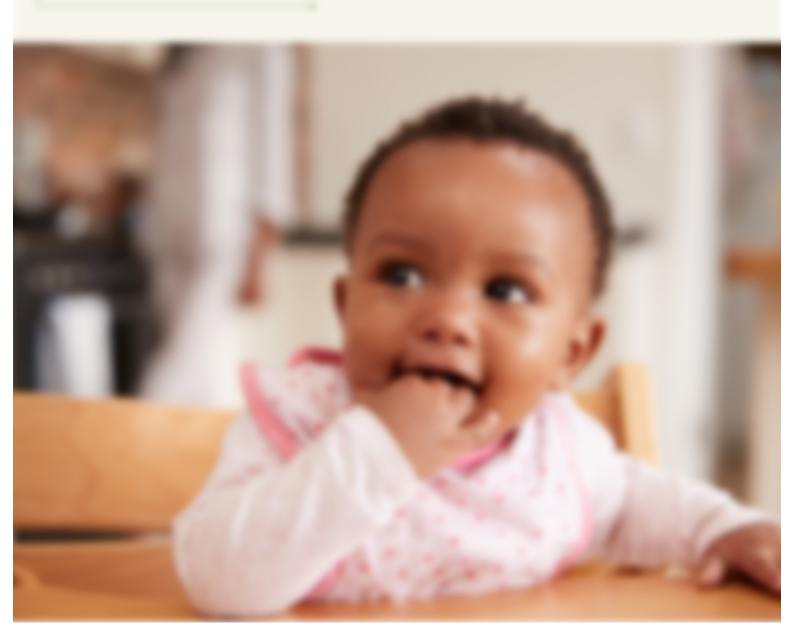
Nutrition in early childhood is crucial for overall development, as it provides the essential building blocks for physical growth, brain development, gut health, and long-term health. During the first two years, children experience rapid growth, requiring proteins for tissue repair, fats for brain development and vitamin absorption, carbohydrates for energy, prebiotics for gut health, and vitamins and minerals like iron, calcium, and zinc for cognitive and immune function. Adequate nutrition supports a healthy gut microbiome, which is closely linked to brain health, mood regulation, and cognitive function. Proper nutrition helps prevent issues such as stunted growth, weakened immune systems, and obesity, which can lead to chronic conditions later in life. Introducing a variety of whole, natural foods early on promotes healthy eating habits, reduces the risk of allergies, and encourages a positive relationship with food, setting the foundation for lifelong well-being.



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Exercising Independence: IS-IS Bootle

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