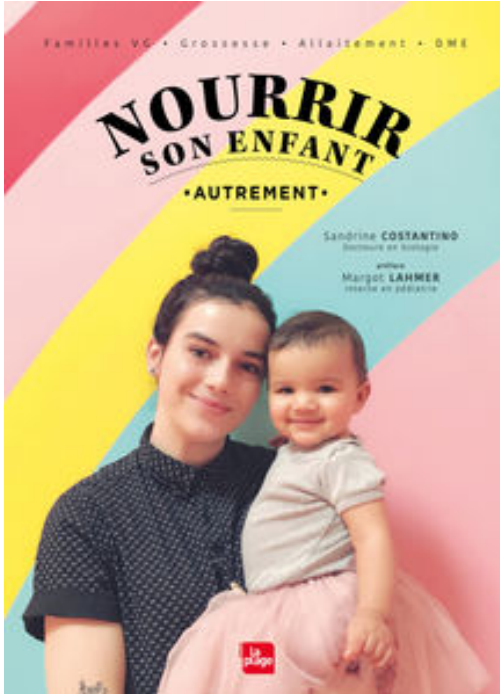


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Download or Read Online Nourrir son enfant autrement Sandrine Costantino & Margo Lahmer Free eBook PDF/ePub/Mobi/Mp3/Txt, Un livre-ressource pour accompagner les familles soucieuses de proposer une alimentation saine et plus végétale à leurs enfants.

De la grossesse à la diversification alimentaire menée par l'enfant, Sandrine Costantino, docteure en biologie, met en place les bases d'une alimentation équilibrée :

- Des conseils nutritionnels précis et illustrés, des astuces éprouvées pour intégrer de nouveaux ingrédients, éviter les aliments transformés, à forte charge glycémique ou trop riches en sodium...
- Des témoignages de familles bio, végétariennes ou véganes, ayant choisi de nourrir leurs enfants autrement.
- Des recettes réalistes et des menus complets pour s'inspirer au quotidien.

Professeure agrégée de biochimie et docteure en biologie, Sandrine Costantino aime comprendre ce qui l'entoure, surtout quand cela concerne la nourriture. Fondatrice du concours culinaire « Saveurs durables » elle anime le blog vegebon.wordpress.com. Elle est l'auteure aux Éditions La Plage de Bonbons vegan et Cuisiner en couleur, créer des colorants 100% naturels.

Margot Lahmer est interne en pédiatrie spécialisée dans l'alimentation végétarienne et végétalienne des enfants.

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