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"As an obstetrician, this is a welcome resource for our patients. We often wish we had more time during prenatal visits to review healthy eating and nutrition guidelines for adequate nutrition. This book is a welcome addition!"

—Diana Sydnor, MD, OB/GYN

With **150**
Nutrient-
Packed Recipes
Guaranteed to
Become Family
Favorites

2nd Edition
Completely Revised
& Expanded

eating for pregnancy

The Essential Nutrition Guide and Cookbook for Today's Mothers-to-Be

Catherine Jones and Rose Ann Hudson, RD, LD

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Eating for Pregnancy: The Essential Nutrition Guide and Cookbook for Today's Mothers-to-Be



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Winner of Mom's Choice Award in Pregnancy/Childbirth Category
A distinctive Nine-Months-Later section, covering breastfeeding, postpartum depression, and weight loss after pregnancy. Yet as a mother-to-become, you're likely juggling so very much which you don't have the period or energy! Probably the most up-to-date information on supplements, resources, environmental problems, and high-risk pregnancies. Tips to help you minimize unnecessary excess weight gain and maintain your nutrient intake high with illustrated exercises. That's where this fully updated edition of the being pregnant classic will come in, making it an easy task to fulfill the requirements of you as well as your baby. Consuming for Pregnancy offers you all you need to know about nourishment before, during, and after pregnancy. Listed below are 150 nutrient-rich dishes, more than 30 not used to this edition, designed with your household in mind. Each highlights "An extended vegetarian section is in this for baby and me personally? Fresh, fast, family-friendly dishes with realistic menu plans and handy nutritional breakdowns and meal-planning advice. You'll also come across: to ensure that you" What today with vegan quality recipes. Helpful information for diabetics, including ADA exchanges, recipe tips, and dining-out strategies. s Choice Award in Pregnancy/Childbirth Category Every pregnant girl realizes that what she eats and drinks affects the baby developing within her. re always eating right.



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Many cook books are stocked with complicated recipes that require numerous expensive specialty ingredients, but this book differs. As a dietitian, I was searching for a good all-inclusive source on eating during being pregnant. When I saw that a dietitian co-wrote this book, I wanted to provide it a go. It is fantastic! This is not a pregnancy diet plan. I anticipate using this publication well after baby #3 exists. Therefore, if you are searching for the quick information on eating during pregnancy, it isn't really the book for you. What I really love concerning this book is the recipe section. Each recipe lets you know the nutrients it offers for mom and the nutrients it offers for baby. Cool Cool. However I do like the educational info in the front of the book. Yummy, fairly easy to make recipes I'm a picky eater in the first place and it's a whole lot worse with my meals aversions but this publication has recipes for each and every kind of eater: meat-eater, seafood-eater, and vegetarians. also ideas in what sides dishes to serve the inside to produce a complete meal...not to mention the nutritional information. We am happy with this book!) I loved this publication for both pregnancies - specifically my first I loved this publication for both pregnancies - especially my first. This is also a kid-friendly cookbook, therefore i still utilize it. (And anyone else not pregnant that needs to step up their eating habits. I was incorrect. It is filled with healthy, simple dishes using ingredients you can get from the supermarket or that you curenly have at home. The okra and tomatoes possess quickly become the best weekly craving! The recipes in the book are pretty simple, which is a large help when pregnant, and each recipe has small notes about why that recipe is good for mom and baby. I love thinking about what the food is doing to greatly help us while eating. This is simply not another pregnancy book! This book helped me gain 25 pounds within my pregnancy . I bought this book not really expecting it to have much nutrients in it. Yummy Things! The recipes I tried were good but I was disappointed to find there were no . Additionally, there are easy to capture bullet factors if you're pressed for time. I was having trouble coming up with interesting dishes while pregnant. Quality recipes are simple and nutritious- often in the 30 minute supper range. Great useful tips, such as for example freezing tips or adjustments for a gradual cooker. I've gifted this to some pregnant friends already. Good nutrition education I don't actually like the quality recipes as is but I make my own version. I love that it lets you know what medical benefits are for every meal but I believe contacting a grilled cheese sandwich healthy is a tiny stretch out!. Great if you're into nutrition without being overly dense. I will definitely get this publication for my expecting friends and family.. The recipes I tried were good but I was disappointed to find there were no photos of the recipes. While I guess pictures are not entirely needed and the nutritional information was very helpful, I still would have preferred even more photos to entice me into trying even more of the recipes.. This cookbook managed to get easy to find a delicious recipe for me personally, then flip several pages and make a very tasty meal for him.), plus some sides and both my hubby and I've enjoyed all of them! I like that I don't have to worry about whether or not the ingredients are safe for my lil baby! I recommend this cookbook to all expectant moms who would like a cookbook that's straightforward, has recipes that are safe for mommy and baby, has recipes that taste good, and so are pretty easy to make. Although you know you're said to be eating this many servings of this or that, it can be really hard to figure out how to place those into your entire day. Great Read! I must say i appreciated the meal preparation sections of this publication. Bon Appetite! One of the best recipe books, pregnant or not I purchased this book predicated on a few of the reviews We read here. It even gives tips for consuming on the run or out and about. The recipes are quite yummy, although not all of them were my favorite. This book does a lot of the preparing for you. I have to say, it has to be one of the best recipe books I've ever go through. Wonderful, detailed being pregnant resource I REALLY LIKE this book! This publication is full of awesome quality recipes that everyone in my house has enjoyed! Ideal for the mother that wants to eat healthful during her being pregnant but still has to feed the rest of the family too. Additionally, there are many non-food related tips and info for keeping healthful during pregnancy. Right now, it is extremely detailed at 472 webpages. By the end of a few of the recipes you can find cooking,

timesaving, storage space and diabetic tips. I'll keep it circular. Five Stars During my pregnancy this Helped out a great deal!! Plus each recipe lets you know how to shop any left-overs and for how long you can store them.!!! Five Stars Great Good This book was surprisingly helpful. There is a pretty good section on vegetarian recipes, and there were a lot of high protein recipes. This is a cookbook for the pregnant mother... This book helped me gain 25 pounds during my pregnancy. There are recipes that cater to everyone. Not Practical This book isn't practical for the ordinary pregnant women with a job and home to keep. The recipes are anything but fast and simple with ingredients that are hard to find in my local grocery store. Love this cookbook Love this cookbook! Minus the book, in my own previous pregnancy, I had gained 45 pounds. It had been particularly helpful for my children, since I am a vegetarian, but my hubby is not. I've made a few of the chicken dishes, veggie meals, breakfasts (the banana nut muffins are delish! The information provided in this publication helps moms know just what they're putting in their body, the nutritional facts behind the meals and the entire health effect. It's incredible how much is packed into this cookbook, including time saving tips, ways to transformation up the recipes, exercise hints and the tiny information boxes dispersed throughout..



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