



REAL FOOD *for* PREGNANCY

The science and wisdom
of optimal prenatal
nutrition

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Real Food for Pregnancy: The Science and Wisdom of Optimal Prenatal Nutrition



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ll get clear answers on what to eat and just why, with research to back again up every recommendation. A lot of the assistance you' Author and professional in prenatal nourishment, Lily Nichols, RDN, CDE, has taken an extended and hard look at the research and discovered a broad gap between current prenatal nutrition recommendations and what foods are required for optimal health in being pregnant and for your baby' In True Food for Pregnancy, you'Prenatal nutrition can be confusing.ve been given in what to consume (or what not to eat) is well-meaning, but in all honesty, outdated or not evidenced-based.s development. There has never been a more comprehensive and well-referenced source on prenatal nutrition. With Real Meals for Pregnancy as your direct, you may be confident that your meal and lifestyle choices support a smooth, healthy pregnancy.



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To say that book is evidence-based would be the understatement of the hundred years! I actually was honored to be an early reviewer of the book and although prenatal nutrition is my specialty seeing that a nutritionist centered on women's health, I learned a TON even though reading it. It's in some way both a useful guide that anyone could use and also, basically, a textbook, filled up with more than 900 citations. To say that it's evidence-based will be the understatement of the hundred years. This book will get you truly questioning where we are today when it comes to diet and lifestyle suggestions pre-conception and during pregnancy... But it has information that is beneficial to everyone. Most of my pregnant clients will be getting a copy of the book! And in case you are a wellness practitioner, you need to read this book because the prenatal nutrition recommendations that are circulating are essentially a regurgitation of non-evidenced centered "no to accomplish or consume" lists, and completely void of some important information that all women have the proper to know. The SINGLE MOST SIGNIFICANT book if you want to get pregnant or already are pregnant! This publication is backed by science and research, and provides all the information you should know to help you grow a wholesome baby. I would recommend her book to female (dietitian or not really, and pregnant or not really) to have in their "back pocket" as a source for a wholesome pregnancy. THIS book, nevertheless, is a casino game changer. Useful insight into proper diet, research based, and full of information for a healthy pregnancy! Science - The writer has done more nutrition study than many doctors I understand. Fine detail - Everything is here now. She cites studies AND explains those studies (eg. medical vs epidemiological, sample size, other considerations, etc.! She doesn't just make recommendations, she explains WHY she actually is making them predicated on how all of the macro and micronutrients function inside your body. Meal suggestions, recipes, vitamin/product explanations, conversation about controversial foods like sushi, lunchmeat, coffee, wines, etc., historical and international anecdotes, common complaints, workout, mental wellness, nursing, and recovery. This book also offers good information for EVERYONE! Etc.3. Empathy - Yes, I nerded out about all the science^, but just as important may be the author's incredible understanding of how stressful, tough, and confusing pregnancy and postpartum could be. Good nourishment info and info on what is actually safe/not safe to eat during pregnancy Awesome prenatal nutrition book Love this reserve. She knows that nobody is ideal and that people can't always do factors optimally all the time. Much needed reference for any physician and/or girl in child-bearing years! Fantastic resource for the pregnant mom! Additionally, you can research the author online- she's a million helpful (no cost) articles with a lot more information. Plus you can sign up for her newsletter (still more good, free of charge info), and I could personally attest that in the event that you write to her with questions, she writes back and answers them!! you then need this reserve. There is a ridiculous shortage of up-to-date, evidence-based nutrition details IN GENERAL, let alone relating to pregnancy. Great information and fantastic recipes This has fantastic information and provides so much detail about the science behind nutrition. BEST, DEFINITIVE Reserve FOR Diet IN PREGNANCY (and generally! If you're considering getting pregnant, already are pregnant, or even just want to learn more about how to consume quality, whole foods, GET THIS BOOK! Simply do it, you won't regret it!!) I actually didn't discover this reserve before last leg of my 3rd pregnancy- nonetheless it was still worth every penny! I wish that this book had come out before I got my first two children. There is a severe lack of prenatal information directed at pregnant women which book is the answer just about everyone has been searching for. If all your OB has informed you is to have a prenatal vitamin, stay away from undercooked eggs and meats, avoid sushi... Addresses not merely the nutrition needed in pregnancy, but the best food

to include in your diet.etc. Loved this book Would recommend that is as a great resource for where to start with nutrition... Honestly, I recommend this book also to people who aren't pregnant, just as an excellent guide for general nourishment. It addresses a lot of the "traditional" prenatal guidance but also gives evidence-based information to tell you what foods you should be eating and staying away from. I am sure that if every single pregnant female were to learn this reserve while pregnant, this could extremely well prevent a lot of childhood physical and behavioral complications and also help most mothers have a smooth being pregnant with a full recovery. Etc. While reading it, I couldn't help but read practically almost every other paragraph out loud to my husband (much to his annoyance haha).and both excited and empowered to manage you and your baby's health. For instance, this reserve discusses the negative side effects of using and warming up plasticware for food because of the potential of chemical substances that are leached into the food, which can influence our hormones and have an effect on numerous processes within our body. After reading this part to my hubby, he finally required me significantly and switched to using cup containers to shop and heat up his meals at work. Underneath line- BUY AND Go through THIS BOOK! Love this book! She always presents the info with a practical approach and multiple choices. Great evidence based info. Lily's book is extremely needed in these times of outdated prenatal recommendations. The book is incredibly researched, well-written, and easy to follow. The chapters are well organized with quick summaries at the end to tie everything jointly. I've read additional preg food books (especially with the 1st kid when everyone gifts them for you), and I came across all of them to be largely the same and unimpressive. Excellent book! This book has been just like a bible for me. A casino game changer during my second pregnancy. It's the first publication that talks the real truth about nourishment and more that females need to know before, after and during pregnancy. Highly recommended for everyone, even if not pregnant. It has information that could be life changing for you, your child, and also those around you! She provides the base to work with and tailor however you want. Here's how:1. Wish I'd had this book with my various other pregnancies.. Author provides suggestions on common pregnancy "ailments", exercise, what to avoid, recipes, and so much more. Highly reccomend Great book with a lot of unbiased, scientific information.I wish I had this book from the beginning, and I will (and have been) recommend(ing) this reserve to every pregnant, nursing, and TTC girl I know! Also has comprehensive information for as comprehensive as you wish to take your nutrition. Love this reserve. It's a great combination of reference information, and suggestions for food selection and health. It did an excellent job Of providing a basis for the recommendations offered to enable you to implement those principles without having to constantly reference the recipes offered. This book covers a lot about being pregnant and conception that's easy to digest rather than found frequently enough. All backed with great analysis Having these assets is truly invaluable! And every recipe I've attempted from it has been wonderful! Everything I've researched over 5 years in one book--so convenient!)2. I have already been studying evidence-based nourishment for the last five years. This acquired all of the best from Nutrition and Physical Degeneration, Nourishing Traditions, THE COMPLETE Soy Truth, The Big Excess fat Surprise, and even more! Supplemental reading I will suggest Eating on the Wild Part by Jo Robinson--discusses maximizing the nutrient density of any plant centered foods you eat. Highly recommend! She's been there, and she tells you about her experience, as well. As a dietitian myself, I was thrilled to finally have an updated, evidenced-based reference for prenatal nourishment. I acquired the audiobook version and I love that it's go through by the writer! I've listened to it a few times already.. Been looking forward to a book such as this! This isn't another

What things to Anticipate, and I was happy to come across it.



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