



What to Expect: Eating Well When You're Expecting

By Heidi Murkoff

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Eating Well When You're Expecting provides moms-to-be with a realistic approach to navigating healthily and deliciously through the nine months of pregnancy—at home, in the office, over the holidays, in restaurants. Thorough chapters are devoted to nutrition, weight gain, food safety, the postpartum diet, and how to eat when trying to conceive again. And, very exciting, the book comes with 150 contemporary, tasty, and healthy recipes that feed mom and baby well, take little time to prepare, and are gentle on queasy tummies.

Eating Well comes with a light, reader-friendly tone while delivering the most up-to-date information. At the heart of the book are hundreds of pressing questions every mother-to-be has: *Is it true I shouldn't eat any food cooked with alcohol? Will the caffeine in coffee cross into my baby's bloodstream? Help!—I'm entering my second trimester, and I'm losing weight, not gaining. Is all sushi off limits? How do I get enough calcium if I'm lactose intolerant? I keep dreaming about a hot fudge sundae—can I indulge?* Guess what: The answer is yes.

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Editorial Review

From Publishers Weekly

For many pregnant women, eating healthy during pregnancy is a catch-22: "The reason you want to eat healthy is because you're pregnant—and the reason you're having a hard time eating healthy is also because you're pregnant," the authors explain. Morning sickness, heartburn, constipation... the list of food-related problems pregnant women can encounter goes on and on. Murkoff (*What to Expect When You're Expecting*) and coauthor Mazel address these difficulties in a practical manner, with numerous tried-and-true suggestions that will certainly afford some relief for the majority. The "Pregnancy Diet Daily Dozen" lists foods that provide all the vitamins, minerals and nutrients mother and child need, followed by recipes that facilitate consumption of the daily dozen. Sidebars examine "wisdom of the ages" (myths and old wives' tales that may or may not hold water), and a survey will help expectant mothers evaluate their eating habits and monitor their weight gain. The authors address concerns of pregnant women who are lactose intolerant or vegans, advise on what to order in a restaurant, list which foods are strictly off-limits and explain how to read food labels. The book continues through the postpartum period and breastfeeding, making it an excellent resource for new moms and moms-to-be. (*June*)

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From the Back Cover

How to navigate healthily and tastily from conception through delivery and beyond—at home or at the office, in restaurants or over the holidays, when you're short on time or money, and when you're too queasy to eat. How to satisfy your taste buds and your baby's nutritional requirements at every meal (and in between). How to keep your weight gain on target, ease pregnancy symptoms, gratify your inner gourmet, and nourish yourself pre-pregnancy and postpartum.

Plus the latest lowdown on low carbs, vegetarian diets, caffeine, supplements, food safety, and more.

Includes 175 delicious, easy-to-prepare, and nutrition-packed recipes, developed especially for mom-to-be and her baby (but yummy enough to satisfy the whole family).

Expect to eat well!

About the Author

Heidi Murkoff is the author of the *What to Expect*® series of pregnancy and parenting books. She is also the creator of WhatToExpect.com and the WhatToExpect app, which reach over 11 million expecting and new parents, and the *What to Expect Foundation*, a nonprofit organization dedicated to helping underserved families expect healthy pregnancies, safe deliveries, and healthy, happy babies.

Users Review

From reader reviews:

Nicole Garner:

Spent a free a chance to be fun activity to complete! A lot of people spent their sparetime with their family, or their own friends. Usually they doing activity like watching television, planning to beach, or picnic inside park. They actually doing same every week. Do you feel it? Will you something different to fill your free time/ holiday? Can be reading a book is usually option to fill your no cost time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to consider look for book, may be the reserve untitled *What to Expect: Eating Well When You're Expecting* can be fine book to read. May be it may be best activity to you.

Sandra Byrom:

In this era globalization it is important to someone to get information. The information will make a professional understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of referrals to get information example: internet, classifieds, book, and soon. You can observe that now, a lot of publisher this print many kinds of book. The book that recommended for your requirements is *What to Expect: Eating Well When You're Expecting* this e-book consist a lot of the information from the condition of this world now. This kind of book was represented how do the world has grown up. The language styles that writer use to explain it is easy to understand. The particular writer made some investigation when he makes this book. Here is why this book suitable all of you.

Michael Mitchell:

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Robin Adams:

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