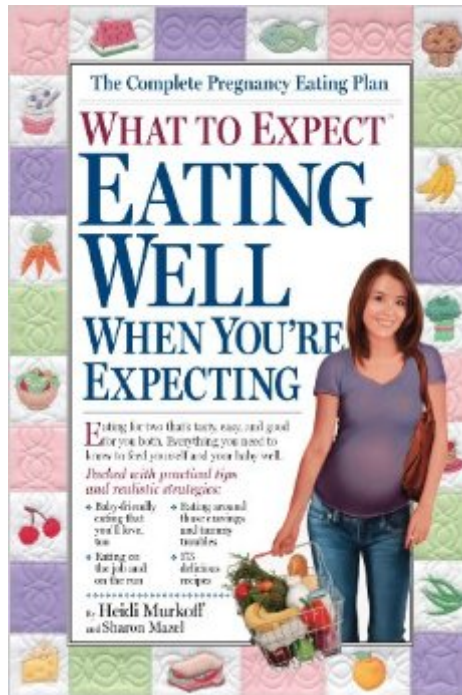


The book was found

# What To Expect: Eating Well When You're Expecting



## Synopsis

Eating Well When You're Expecting provides moms-to-be with a realistic approach to navigating healthily and deliciously through the nine months of pregnancyâ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 sundaeâcan I indulge? Guess what: The answer is yes.

## Book Information

Age Range: Baby - 12 years

Series: What to Expect

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Average Customer Review: 4.1 out of 5 starsÂ See all reviewsÂ (194 customer reviews)

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## Customer Reviews

Wow -- what a great book!!! I'm newly pregnant and I really want to make sure I'm eating good food for my baby, especailly since I'm so nauseous all the time. I saw this book in the bookstore and bought it... and am I glad I did. It's packed with info about nutrition during pregnancy. It's funny and

it's a really easy to read book -- plus it doesn't make you feel bad if you miss a few days of eating healthy or if you eat some unhealthy food every once in a while. The first chapter tells you why it's important to eat nutritious food. The second chapter is so great because it goes through all the pregnancy symptoms and gives advice on exactly what to do for them in terms of food. Too nauseous to eat (my problem) -- here are some tips. What to do about the food cravings (especially when you're craving something totally unhealthy). But the best thing is that it doesn't make you feel guilty if you do crave ice cream or cake or whatever. It recognizes that sometimes the only thing I can eat is potato chips, and it doesn't make me feel like I'm hurting my baby! But it still gives you the ideal of what you should eat (there's a really funny section later on called "ideal...get real" that totally gets this point across. Plus it makes you realize you probably are eating healthy for the most part anyway). I love that. The next chapter goes through weight gain and the pregnancy diet telling you what you should be eating each day. The best thing is that the book has tons of lists of different foods -- and the serving amounts -- so figuring out how much to eat is no big deal. Then there's a great chapter on being an expectant gourmet. It goes through all the different types of food that you can eat while you're pregnant. I learned so much from that chapter.

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