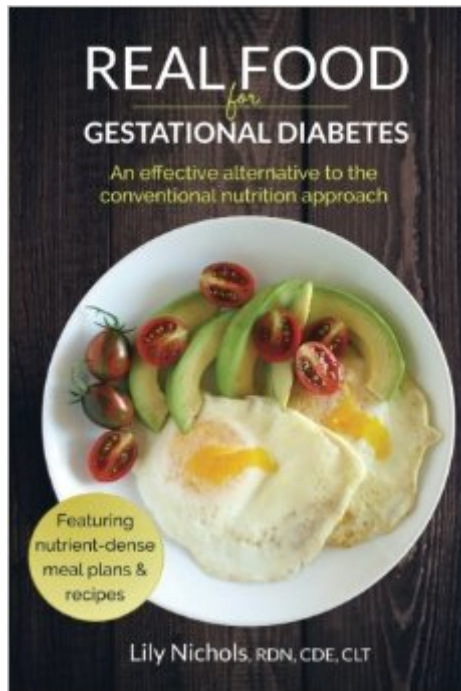


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# Real Food For Gestational Diabetes: An Effective Alternative To The Conventional Nutrition Approach



## Synopsis

Getting diagnosed with gestational diabetes is scary, but it doesn't have to stay that way. Imagine easily managing your blood sugar, effortlessly gaining the right amount of weight during your pregnancy, and giving birth to a beautiful, healthy baby. This can be you! *Real Food for Gestational Diabetes* offers an alternative to the conventional nutrition approach that embraces nutrient-dense and delicious foods that nourish you and baby without causing high blood sugar. With the wrong information (or no information at all), far too many women are left alone struggling with erratic blood sugar and excessive weight gain, often leading them to high doses of insulin or medications and difficult births. Sadly, this often happens despite these moms dutifully following the dietary advice given to them by well-meaning clinicians; a restrictive diet that leaves them feeling unsatisfied, unhappy, and confused about ever-increasing blood sugar numbers. In *Real Food for Gestational Diabetes*, prenatal nutritionist and diabetes educator, Lily Nichols, RDN, CDE, CLT, sets the record straight, offering revamped carbohydrate recommendations and exercise guidelines based on the latest clinical research. You can have gestational diabetes and have a healthy baby. Lily will show you how. With this book, you have the tools to turn this diagnosis into a blessing in disguise. You'll learn:

- Why conventional diet therapy often fails and what to do instead
- How the right prenatal nutrition can reduce the likelihood you'll need insulin by 50%
- Exactly which foods raise your blood sugar (and more importantly, which foods DON'T raise your blood sugar)
- How to customize a meal plan with the right amount of carbohydrates for YOU (there's no one-size-fits-all plan, despite what you may have been told)
- The truth about ketosis during pregnancy (and why checking urine ketones isn't useful)
- Information on insulin and blood sugar-lowering medications used in pregnancy
- Which foods to emphasize to provide your baby with the right nutrients for optimal development (these real foods have a long history of producing strong, healthy babies)
- The best prenatal exercises to control your blood sugar and prepare for labor
- What to do after delivery to prevent type 2 diabetes

## Book Information

Paperback: 190 pages

Publisher: Lily Nichols (January 19, 2015)

Language: English

ISBN-10: 0986295000

ISBN-13: 978-0986295003

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 12.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (59 customer reviews)

Best Sellers Rank: #27,027 in Books (See Top 100 in Books) #86 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #1621 in Books > Parenting & Relationships

## Customer Reviews

I am so happy to have discovered this book. When I got pregnant I had a good idea of how to eat to keep my blood sugar steady, but this guide was invaluable in its advice and insight on how to build a diet that not only kept blood sugar in a healthy range, but offered the most nutritional bang for your buck for mom and baby. The focus on what to ADD as opposed to just what to avoid was a welcome and insightful addition. Not to mention the fact that reading it made me feel understood and validated in my choices, when seemingly everyone around me was pushing the status quo. For the past four years I've been focusing on eating real, whole foods. I've cut out gluten and most grains, reduced my sugar intake drastically, and found a level of health and comfort in my body I never thought possible. Throughout this time, my husband and I were also trying to conceive. It took a long time, but we were thrilled to find out we are expecting our first child several months ago. Since then, I've continued eating pretty well. My appetite took quite a hit the first trimester, but I avoided morning sickness for the most part. I was surprised at my lack of crazy cravings. From my experience over the last few years, I knew my body does not handle refined sugar or processed grain products well. Those foods are also pretty devoid of nutrition so I keep these types of foods to a minimum, although I no longer think of them as "bad" or "never". That tends to irritate my inner toddler who doesn't want to be told "no". Instead, I try to eat what makes me feel best at any given time. It works for me! Knowing this, I had a bad, bad feeling about having to do the diabetes testing done during pregnancy.

I feel as if this an ok book if you know NOTHING about gestational diabetes. Check it out at the library, but not worthy to keep. I feel as if it is lacking content. Very dumbed down language not really going into the mechanics of diabetes. A very basic and brief book if that is what you are looking for. I was expecting more recipes or learning something new. Usually if you have gestational diabetes, you will go see a nutritionist one time who will run through carb counting and foods to eat/avoid. Eating health carbs/protein. They will give you basic guides/measurements and ideas on snacks and meals. This book didn't even give you a guide on the most common snacks/foods with measurements and carb count. It gave you snack ideas, but not giving carb count!?! Or it gave you

a 2 page "meal plan ideas" but with an overall carb count. So what if you don't have this or that on the menu? No breakdowns at all which I think is pretty much a basic you have to know to manage GD. And what does eating pasture fed meat have to do with GD? This book really didn't tell me anything I didn't already know. Basics on keeping blood sugar under 120 2 hours after meals and limiting carbs to 30 per meal. It was everything I learned from a one hour session with a nutritionist and from researching online. I was expecting at least some recipes or unique ideas. This book was filled with "stories" from women named Jennifer and Sarah. It got a bit boring to say the least. It has exactly 17 recipes to count. A lot are complicated and require a lot of ingredients and who wants to deal with that when you are pregnant? This book has no new or exciting content. It would be a good starting point though if you know nothing about gestational diabetes.

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