



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

Catherine Jones, Rose Ann Hudson

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Winner of Mom's Choice Award in Pregnancy/Childbirth Category

Every pregnant woman understands that what she eats and drinks affects the baby developing within her. Yet as a mother-to-be, you're likely juggling so much that you simply don't have the time—or energy!—to ensure that you're always eating right. That's where this fully updated edition of the pregnancy classic comes in, making it easy to fulfill the needs of you and your baby. *Eating for Pregnancy* will provide you with all you need to know about nutrition before, during, and after pregnancy.

Here are 150 nutrient-rich recipes, more than 30 new to this edition, designed with you and your family in mind. Each highlights “What's in this for baby and me?” and provides handy nutritional breakdowns and meal-planning advice. You'll also find:

- Tips to help you minimize unnecessary weight gain and keep your nutrient intake high
- Fresh, fast, family-friendly recipes with realistic menu plans
- The most up-to-date information on supplements, sources, environmental concerns, and high-risk pregnancies
- An expanded vegetarian section—now with vegan recipes
- Helpful information for diabetics, including ADA exchanges, recipe tips, and dining-out strategies
- A unique Nine-Months-Later section, covering breastfeeding, postpartum depression, and weight loss after pregnancy—with illustrated exercises

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