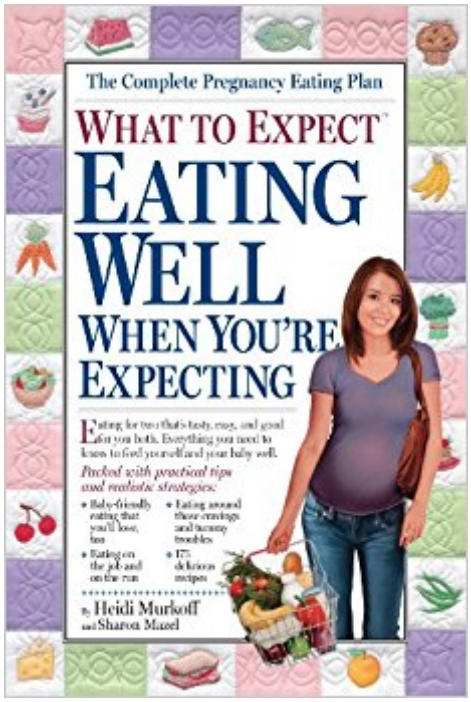
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What To Expect: Eating Well When You're Expecting



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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 pregnancyÃ¢â ¬â •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 shouldnÃ¢â ¬â„¢t eat any food cooked with alcohol? Will the caffeine in coffee cross into my babyÃ¢â ¬â„¢s bloodstream? Help!Ã¢â ¬â •IÃ¢â ¬â„¢m entering my second trimester, and IÃ¢â ¬â„¢m losing weight, not gaining. Is all sushi off limits? How do I get enough calcium if IÃ¢â ¬â„¢m lactose intolerant? I keep dreaming about a hot fudge sundaeÃ¢â ¬â •can I indulge? Guess what: The answer is yes.

Book Information

Age Range: Baby - 12 years

Series: What to Expect

Paperback: 470 pages

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Average Customer Review: 4.2 out of 5 stars 212 customer reviews

Best Sellers Rank: #13,671 in Books (See Top 100 in Books) #23 inÃ Â Books > Cookbooks, Food & Wine > Cooking Methods > Cooking for One or Two #39 inÃ Â Books > Parenting & Relationships > Parenting > Teenagers #41 inÃ Â Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth

Customer Reviews

For many pregnant women, eating healthy during pregnancy is a catch-22: "The reason you want to eat healthy is because you're pregnantÃ¢â ¬â •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) Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

How to navigate healthily and tastily from conception through delivery and beyondÃ¢â ¬â ¢at home or at the office, in restaurants or over the holidays, when youÃ¢â ¬â„¢re short on time or money, and when youÃ¢â ¬â„¢re too queasy to eat. How to satisfy your taste buds and your babyÃ¢â ¬â„¢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!

With my first pregnancy I was sick on the couch from the 2nd month through the 7th and then part of the 9th. I could eat and actually had cravings starting the 4th month or so and, feeling like I was starving, I ate everything in sight. Needless to say I gained too much weight. for my height and activity level [normally] an ideal weight is 110-120; I weighed in [pre-pregnancy: 130 and day I delivered: 171 lbs]; My belly looked like i had been attacked by a wild animal and literally started ripping. So the second time around I really wanted to have this book to help me stay on track with weight gain etc. since now i’m overweight for my height etc. It worked the first month because morning sickness hadn’t set in yet. the 2nd-4th months though I had to have Zofran just so that I could keep water and crackers down and even then I had to avoid my omega 3s and all fish products like the plague.Reading through the plan I didn’t understand it. I’m used to my plan on

mypyramid.gov which was much clearer and strict [which for me is important otherwise I still over eat]. If you can understand the gibberish that is the daily plan in this book then i hope it works for you. I had to read and reread over 5 times before it started to somewhat make sense. I'm going to give it another try because there are some things that take me forever to learn and others i pick up right away so maybe it's just me. Honestly this series isn't my favorite to begin with; but I stick with it because the website is useful and it honestly answered more questions than my Dr. who always seems to have somewhere better to be [yep going to switch next time]. The other good thing about it though [and why I gave it 3 stars] is that it goes through how much weight to gain for a healthy pregnancy whether you're a "twig" to start out with or not and WHY [another topic my Dr. avoids].I recommend borrowing this from your local library or a friend before buying it just to see if you can decifer it.

I love this book. It offers help with pregnancy symptoms, food aversions, alternative to food cravings, and recipes - which I really needed. There is also information about if you are gaining weight to quickly or too slowly so, it covers of us! I really loved the idea of being more nutrient aware rather than just looking at calories - it has helped me be able to find different options for nutrients especially when I'm in the mood for something else! I would recommend this book.

If you buy the book What to expect while expecting you don't need this one. Its has the same information as the one I listed. unless u have no clue how to prepare these meals then buy it but I didn't need it my nutritionist at the doctors office gives you a what not to eat and what's good to eat list..

The Daily Dozen! Enough said. The author is very encouraging and informative about eating well. If you already know about eating healthy this book will reiterate that during pregnancy but I like the daily dozen breakdown for protein, vital vitamins, etc. I would recommend for those trying to eat and those who already eat healthy as this has information on Q&As and breakdowns. I did not try the recipes yet.

This is full of information you already knew. Don't eat spoiled food. Eat nutritiously.Half of this book is a cookbook. With no pictures.Unless you enjoy cooking from recipes without pictures and using a kindle at the stove, I suggest saving your money.

I bought this book also for my son and his wife. It helped them to eat heathier during her pregnancy. I wanted them to have something to go by and this book was great.

When I was pregnant the concept of eating for two was not true. You basically need 300 extra calories to feed the growing baby in your womb so this helped a lot.

I have had terrible trouble losing the weight I gained with my first son, and I worry about my own health, and the health of a new baby, if I started a new pregnancy at the weight I am at now. We would like to start trying again in the next year or two, so we discussed the issue with my doctor and her advice was to start treating your body now like you would if you were pregnant. So I bought this book.I almost bought it’s predicessor, but the description of this version’s reduction in the "wheatier than thou" approach sold me. I have a couple of the other "What to do books" and was aware that I would skim past a lot of the dietary advice as not being realistic to my lifestyle - but this book is. Its full of down-to-the-roots, real life knowledge on what nutrition really is, why you are supposed to eat what they say you should, and real-world decision making for trying to be healthy one day at a time.It goes into fantastic detail on the Daily Dozen concept, and the recipies that I have tried so far are easy and tasty, with lots of room for personalization and variety. But it’s not just a diet-or a recipe book. It’s a way to trully think about everything you eat and why you do or don’t need it. Whether I lose the weight or not, whether we have another child or not, I’ve gained a lot of confidence and knowledge about my habits from this book and I am very pleased with it.

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