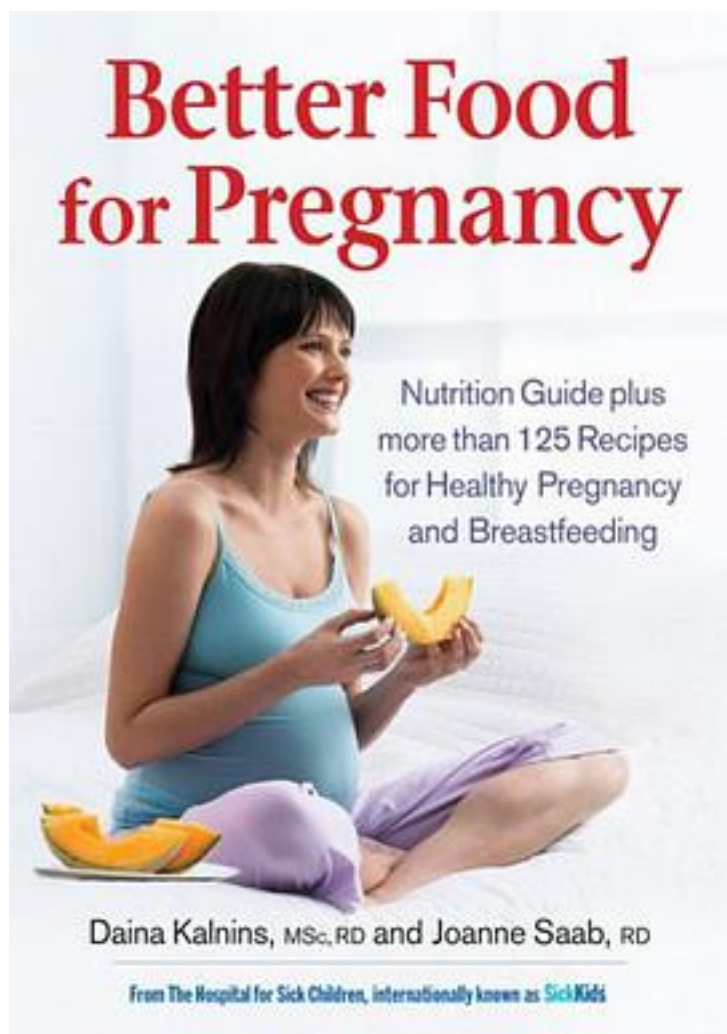


# Better Food for Pregnancy



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Pregnant women have unique nutritional needs. And yet most expectant mothers are

not nutritional experts, so they need a guide that takes the guesswork out of it for them. This book does just that. It's a complete, comprehensive and authoritative guide written by experts in their field, featuring topics such as: important nutrients and healthy weight gains through different trimesters; impact of mother's diet on the growth of the fetus; information on nutritional supplements (vitamins, minerals, and herbs); foods to be aware of: e.g. coffee, soft cheeses, alcohol, etc.; and increased nutrient requirements during lactation. The second half of the book features 125 recipes that are ideally suited to expectant mothers. Each recipe contains: a complete nutritional analysis; and meal plans and "Snacks on the Go" to prevent nausea and vomiting. Helpful, easy-to-use tables and charts will be found throughout. Each page of the nutritional component of the book is packed with tips, sidebars, recommendations and common-sense guidelines.

作者介绍:

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