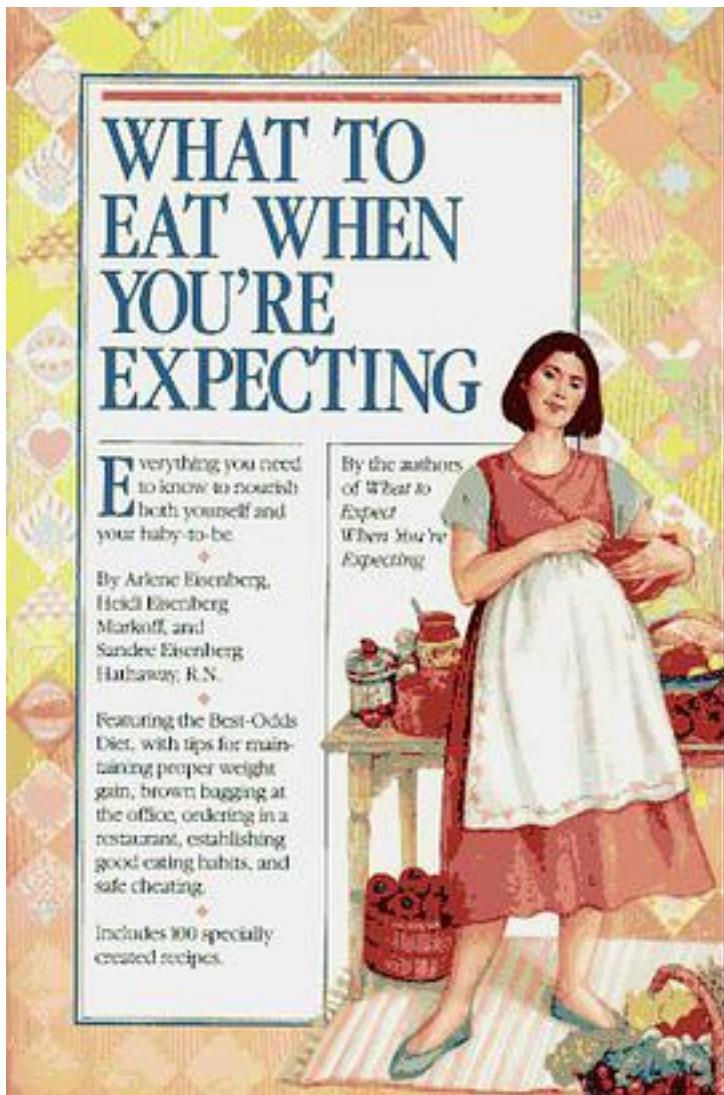


What to Eat When You're Expecting



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著者:Arlene Eisenberg

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From Publishers Weekly This mother-and-daughters team, authors of What to Expect When You're Expecting, present what they call the Best-Odds Diet, a clear, well-informed and easy-to-follow plan that places emphasis on lean protein, plenty of calcium, vitamin C and other minerals and vitamins. (Scaled down, this diet could enhance anybody's health anytime.) Daily requirements are calculated in servings. Ice cream and pickles, as well as any other sugary, salty and overly processed foods, are frowned upon by the authors, but allowances for "cheating" are made. The book proceeds from the needs of mother and fetus to changing eating habits to problems like morning sickness and heartburn and what a vegetarian mother should do to ensure correct nutrition. One-hundred tasty and practical recipes follow. Copyright 1986 Reed Business Information, Inc. From Library Journal Dedicated to "the very important premise that diet has statistically dramatic influence on the outcome of pregnancy," the authors focus on what to eat to ensure as healthy a child as possible. Topics range from preparing for pregnancy to preparing for the second child, and include food for dad and other kids too. Being comfortable, eating while nursing, food groups, monitoring weight gain, how to indulge cravings and avoid aversions, and what to watch out for (alcohol, for example) are also included. Perhaps the strongest section is that with recipes. A solidly written book, recommended for those who are willing to monitor their pregnancies carefully. Patty Miller, New Hampshire Vocational-Technical Coll., Laconia Copyright 1986 Reed Business Information, Inc. See all Editorial Reviews

作者介绍:

目录:

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标签

育儿

评论

快速扫了一遍，对我来说很多余，说的都是我知道的事，也许对没有医学常识的人有点用。它不赞成喝咖啡，而OB只说每天不超过2杯就行，看来还是别喝了

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书评

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