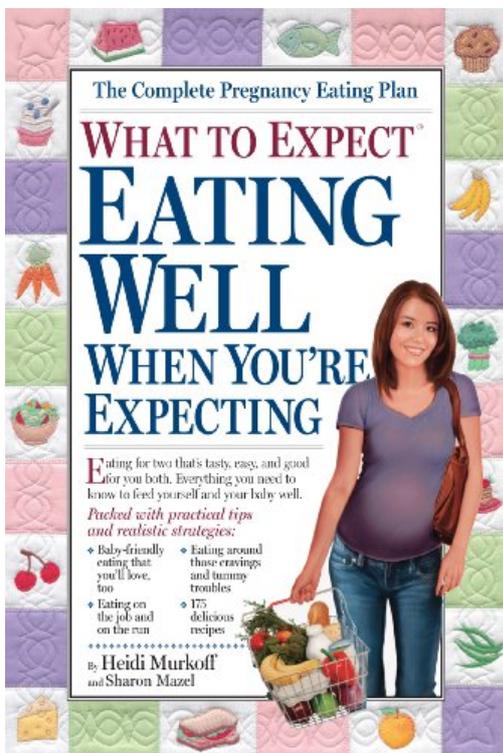


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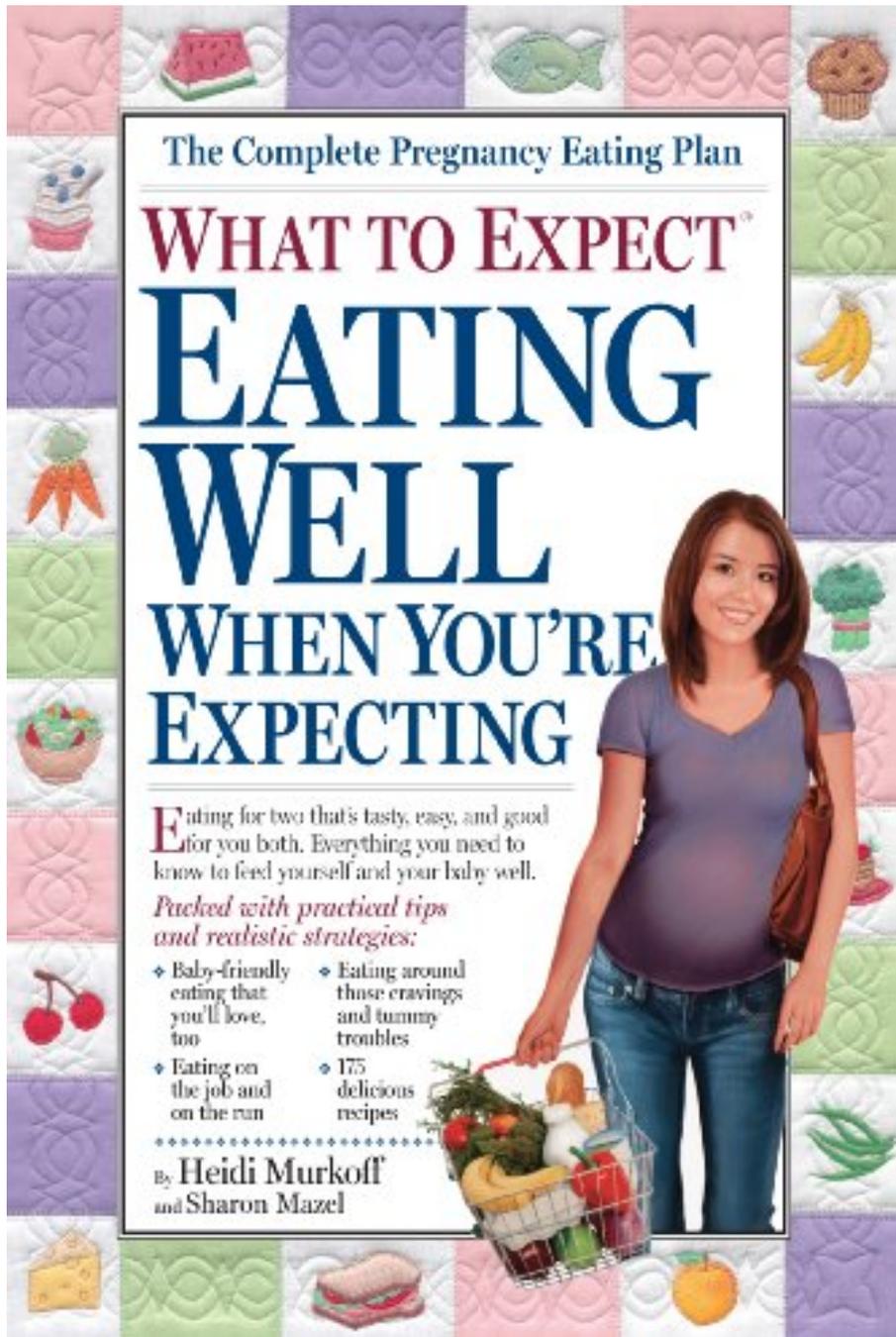
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From Publishers Weekly

For many pregnant women, eating healthy during pregnancy is a catch-22: "The reason you want to eat healthy is because you're pregnant—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)

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From the Back Cover

How to navigate healthily and tastily from conception through delivery and beyond?at home or at the office, in restaurants or over the holidays, when you're short on time or money, and when you're too queasy to eat. How to satisfy your taste buds and your baby'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!

About the Author

Heidi Murkoff is the author of the What to Expect® series of pregnancy and parenting books. She is also the creator of WhatToExpect.com and the WhatToExpect app, which reach over 11 million expecting and new parents, and the What to Expect Foundation, a nonprofit organization dedicated to helping underserved families expect healthy pregnancies, safe deliveries, and healthy, happy babies.

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