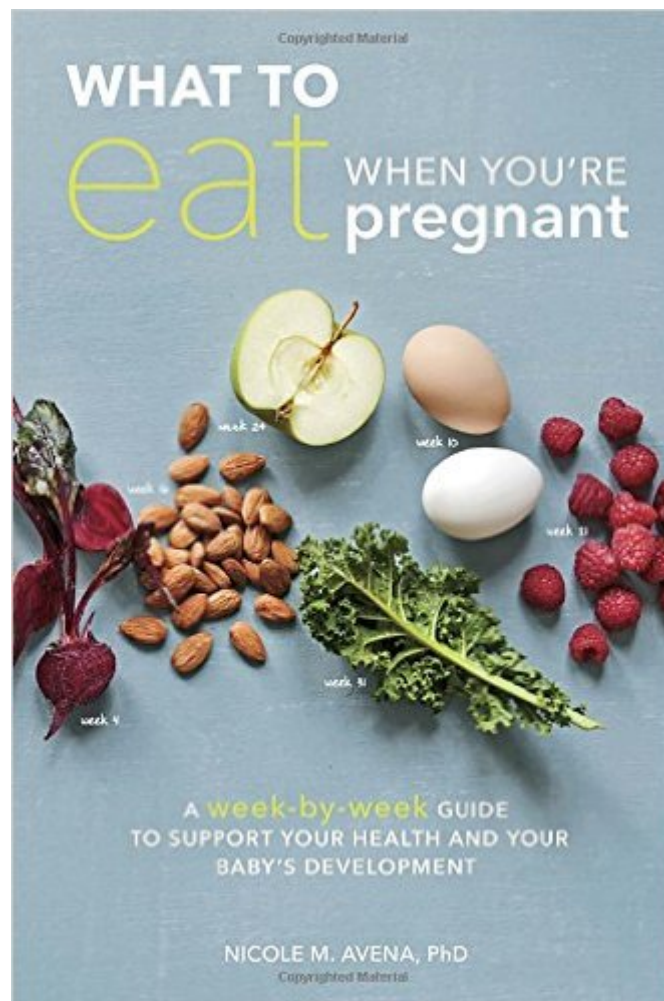


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# What To Eat When You're Pregnant: A Week-by-Week Guide To Support Your Health And Your Baby's Development



## Synopsis

An approachable guide to what to eat--as opposed to what to avoid--while pregnant and nursing, to support the mother's health and the baby's development during each stage of pregnancy, with 50 recipes. New research suggests that the foods you eat during pregnancy can have lasting effects on your baby's brain development and behavior, as well as your waistline. Drawing from the fields of medicine, nutrition, and psychology, this easy-to-follow guide, which also includes 50 recipes, gives you a clear understanding of what your body really needs and how certain foods contribute to the development of a healthy and happy baby.

## Book Information

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Average Customer Review: 4.1 out of 5 stars See all reviews (65 customer reviews)

Best Sellers Rank: #7,008 in Books (See Top 100 in Books) #19 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #95 in Books > Medical Books > Psychology > General #102 in Books > Health, Fitness & Dieting > Nutrition

## Customer Reviews

What to Eat When You're Pregnant: A Week-by-Week Guide to Support Your Health and Your Baby's Development is definitely a title pregnant moms aiming to eat healthier should pick up. This book puts at ease what you should be eating! So often we hear what to avoid but never about what to eat it specifically and when exactly. I'm in my second trimester now and the cravings for foods are strong! Mainly I am craving healthy things but sometimes not so healthy things like greasy pizza and burgers. I try to even out the not so great with the really good things and feel this book has done a great job pushing me toward that direction. The writer of this book provides moms to be with a lot of great information. Chapter 1 and 2 cover all the questions one would ask and those likely not thought of to ask. She gives a guideline of how much you should gain during pregnancy, breaks down all the key nutrients needed for a healthy mom and baby, and talks about pregnancy myths and the reality. Part two of the book takes you through your pregnancy week by week from the first

trimester to birth. Part 3 of the book has a lot of great information about continuing to eat well even after pregnancy. I personally liked the whole section on breastfeeding and found a lot to take away from it. There are fifty recipes that you can whip up during anytime of your pregnancy. These recipes are located in second section of the book and go along with whatever week pregnant you are. For instance at week 21 there are two recipes for smoothies. The food for this week is raspberries! Each week has a specific food explained in detail and there's a recipe or two to go with it. Aside from the food of the week and recipes, there's information on how the baby is likely developing during that time.

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