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Expect The Best: Your Guide To Healthy Eating Before, During, And After Pregnancy



Synopsis

A fabulous resource for moms-to-be! In this comprehensive guide to nutrition and health during pregnancy, Ward provides solid, research-based answers to women's most frequently asked questions about diet, exercise, weight gain, and supplements and offers specific advice that's easy to incorporate into your daily routine.'-Joy Bauer, M.S., R.D., bestselling author of Joy's Life Diet and nutrition/health expert for the Today ShowWard and the ADA serve up practical, easy-to-use advice that is sure to help inform and inspire new and expectant moms.'-Laura A. Jana, M.D., coauthor of Food Fights and Heading Home with Your Newborn'"Any woman who is even thinking about getting pregnant for the first or third time needs to read this excellent and timely book. Ward has done a fabulous job compiling the most recent scientific evidence about pregnancy and translating it into a fun, easy-to-read book with quick, nutritious, and delicious recipes.'-Kathleen M. Zelman, M.P.H, R.D., Director of Nutrition, WebMD'"This book shares a wealth of information that takes into account all the different ways a pregnant woman and new mother lives her life. It might be the only book on prenatal nutrition you'll ever need.'-Peg Moline, Editor in Chief, Fit Pregnancy magazineAre you thinking of having a baby? Perhaps you're pregnant or nursing a newborn. Whatever the case, Expect the Best shows you how a healthy lifestyle from preconception to postdelivery will help you to have the brightest, healthiest child possible. You'll find dozens of useful, easy-to-follow tips for healthy eating and physical activity, including:Why you (and your partner) should achieve a healthy weight before trying for a baby, and how good nutrition helps maximize fertility in women and menTrimester-by-trimester advice about nutrition and exercise during pregnancySafe postpregnancy weight loss, and the best eating plan for nursing momsHow diet can help you handle conditions such as gestational diabetes and morning sickness50 delicious, nutritious, and easy recipes your entire family will love

Book Information

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Customer Reviews

Expect the Best Your Guide to Healthy Eating Before, During & After Pregnancy Elizabeth M. Ward, M.S., R.D.

The AMERICAN DIETETIC ASSOCIATION is the largest group of food and nutritional professionals in the world. ELIZABETH M. WARD, M.S., R.D., is the author of several popular nutrition books, including The Complete Idiot's Guide to Feeding Your Baby and Toddler. She writes frequently about nutrition and health for WebMD.com and USAToday.com. Visit her Web site at www.expectthebestpregnancy.com.

Great advice for nutrition before, during and after pregnancy. I love that it gives very specific diet information but that it is a very easy read. A must read for anyone expecting or planning on getting pregnant soon.

I am a physical therapist, so the commonly used "What to Expect..." series didn't really do it for me. I found I liked this book much better for it's detail, yet it was still an easy read. It would also be great for the layperson who wanted to dive a little deeper into what it really means to eat healthy when you are pregnant. If detail is not your thing and you just want an overview...then there are probably better options out there for you.

great overall content to help learn what to expect and how to prepare. Just enough information to learn without being overwhelmed. I read it in 2 days. I never read books that fast!

I think this would be a great book if you are the type of person who wants to know every single detail about every single vitamin or if you have not been educated about a healthy lifestyle in the past. As a user-friendly reference text I rate this item a 5. I am not a health nut, but I stay up to date on healthy diet/exercise practices, and I found those portions of this book to be very elementary. A lot of the given information is basic common sense. I learned nothing new and was surprised that

glycemic index was not a covered topic given the increasing rates of gestational diabetes in America. As a handy guide for the reasonably educated parent (or parent to be) I rate this a 3, and I am really trying to be fair. Having this book is much better than not having anything, but there are much better books out there! If you are in your 30's like me and looking for some well-rounded, informative and at least mildly engaging books on pregnancy, I would recommend you pass on this one. However, I can see where this book might be helpful to a younger person who needs basic healthy lifestyle education (if they have the patience to read it).

Great read for a first time mom. I knew most of the information in here already but it doesn't hurt to re-educate

This book is fantastic!!! This book is for everyone. It gives very specific information on nutrition for when you are pregnant, prior to pregnancy, and just good solid information on nutrition in general. I highly recommend this book!

So far seems like an informational book. I am glad they back up their statements with research.

It's a great book! very clear explanations and you can get a lot of information from it. It's a little bit different from others books because this one is focus in your diet as a mom to be.

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detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) Pregnancy Notes: Before, During & After Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) What to Expect the Second Year: From 12 to 24 Months (What to Expect (Workman Publishing)) What to Expect When Mommy's Having a Baby (What to Expect Kids) What to Expect at Preschool (What to Expect Kids) What to Expect When You're Expecting (What to Expect (Workman Publishing)) Pregnancy Blues: What Every Woman Needs to Know about Depression During Pregnancy Your Healthy Pregnancy with Thyroid Disease: A Guide to Fertility, Pregnancy, and Postpartum Wellness Disaster Preparedness Made Simple: A comprehensive and informative guide to help you, your family and your business create a complete emergency plan ... before, during and after natural disasters. Super Fit Mama: Stay Fit During Pregnancy and Get Your Body Back after Baby The Everything Vegan Pregnancy Book: All you need to know for a healthy pregnancy that fits your lifestyle (Everything Series)

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