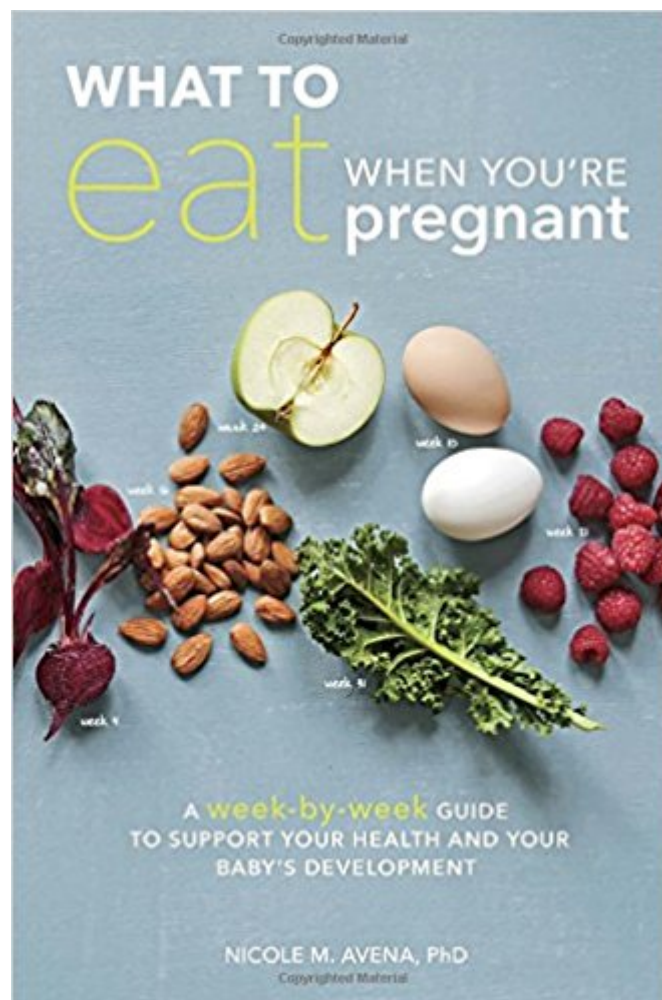




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What To Eat When You're Pregnant: A Week-by-Week Guide To Support Your Health And Your Baby's Development



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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Customer Reviews

"What a woman eats while she is pregnant has a profound and lasting effect on her baby's health. What to Eat When You're Pregnant should be given to every future mom at her very first doctor's appointment!"
• Laurie David, author of The Family Cooks and co-executive producer of Fed Up
"New research shows that when you're eating for two, your diet can have profound affects on your baby. In this smart and easy-to-follow guide--which also features simple and delicious recipes--Dr. Nicole Avena tells moms-to-be how to give their babies a healthy start in life by eating foods that support baby's development and keep mom feeling nourished and satisfied. A copy of this book should be on every pregnant woman's bookshelf."
• Mark Hyman, MD, author of the #1 New York Times bestseller The Blood Sugar Solution and director of the Cleveland Clinic Center for Functional Medicine
"What expectant mom would not want to read this book?" What to Eat When

You're Pregnant" is not just scientifically rigorous, it's also immensely practical. Dr. Nicole M. Avena provides nutritionally sound food suggestions (and recipes) for each week of fetal development" so pregnant women know what they should and should not be eating to help their babies thrive. If you want to protect your baby from food issues and obesity when he or she grows up--read this book!"

•Vera Tarman, MD, medical director of Renascent"Dr. Nicole Avena is a renowned expert in the fields of neuroscience, nutrition, and obesity research. In her latest book, *What to Eat When You're Pregnant*, she has applied her expertise to create a week-by-week guide for moms-to-be. *What to Eat When You're Pregnant* provides solid information about which nutrients, vitamins, and minerals your body needs during each week of your pregnancy and what foods to add to your diet to nourish your body and your growing baby. The recipes are easy to follow and can easily be adapted to fit any dietary preferences."

•Dr. Alexis Conason, psychologist and research associate at New York's Mount Sinai-St. Luke's Hospital" *What to Eat When You're Pregnant* is a comprehensive guide recommended for ALL women contemplating the journey of pregnancy and motherhood; it's a great read for the fathers as well! This is an excellent resource that should be available to expectant mothers in obstetrician/gynecologist medical practices nationwide."

•Joy Ohayia, PhD, producer and host of The Dr. Joy Show and total wellness practical advisor

DR. NICOLE M. AVENA is the mother of a six-year-old daughter; a research neuroscientist at Mount Sinai School of Medicine in New York City; an expert in the fields of nutrition, diet, and addiction; and the co-author of *Why Diets Fail: Science Explains How to End Cravings, Lose Weight, and Get Healthy*. She received a PhD in neuroscience and psychology from Princeton University, followed by a postdoctoral fellowship in molecular biology at The Rockefeller University in New York City. Her research has been featured in *Shape*, *Men's Health*, *Glamour*, *Details*, *Women's Health*, *Prevention*, *Oxygen*, and *Fitness*, and she regularly appears on television, including *The Dr. Oz Show*, the Hallmark Channel, and *Good Day NY*. She makes public speaking appearances throughout the US, Europe, and Asia. Dr. Avena has written extensively on topics related to food, addiction, obesity, and eating disorders, and she writes the *Food Junkie* blog for *Psychology Today*.

I do not know why anyone would have written a bad review on this book. The author, Dr. Nichole M. Avena, clearly states that the chapter on weight can be scary. However, there are no scare tactics frightening women into any one believe. This book is based on research and facts. The recipes are

easy and delicious which is a great bonus. Do yourself a favor and get this book. The earlier the better.

This is great for those trying to eat well during pregnancy. It does make you feel a little bad sometimes if you're not eating the best but it is really good information and it's broken up by trimester and what you should be eating each week to help with baby development.

I read this religiously for the first few months of being pregnant. Great recipe ideas and cool to know how food I eat at certain points in pregnancy can effect my growing baby.

Organized well. I wouldn't necessarily eat some of the recommended food for the month items but the explanations of the benefits of the vitamins and how it correlates with the growth of the fetus were very informative.

Bought this book for my pregnant sister and she just loved it! This book is great not only for you to get a better understanding of what your body needs during pregnancy but it also lets you know how your baby is developing and how the foods can affect your baby. It is also written so straight forward.

Love it! I'm struggling with not gaining to much weight and this is such a good guide!

There are some recipes in here that are now family favorites! I think many are great even when you aren't pregnant.

This book was purchased for a young mother to be to help her eat more and better however she found it to be a bit "boring".

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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
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