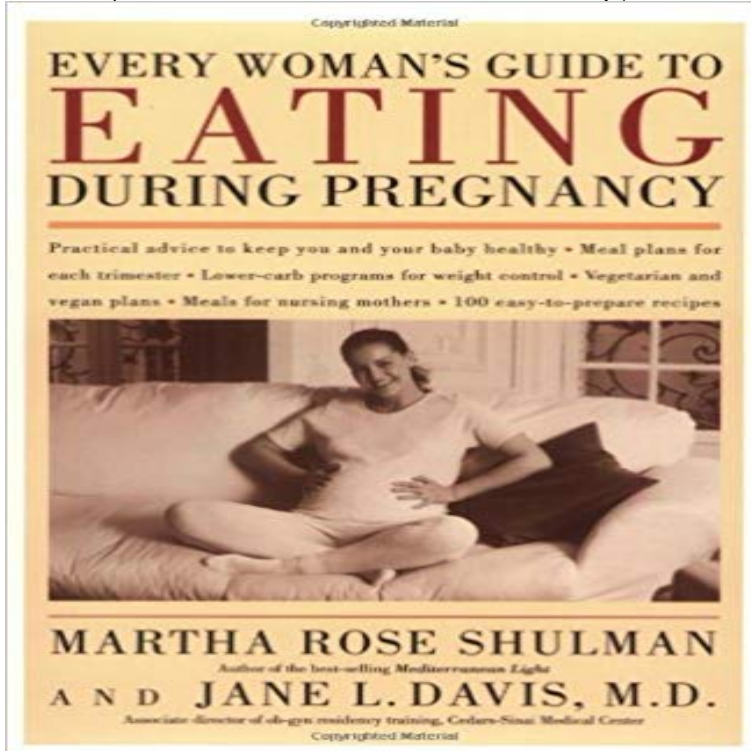


Every Womans Guide to Eating During Pregnancy



From a best-selling cookbook author and a nationally respected ob-gyn, a book that makes eating well during pregnancy easier than ever. Now that you're pregnant, what you eat is more important than ever before. You may be nauseous or starving or alternately one and the other, and your tastes may change constantly. Whatever your condition, whether you're twenty-seven or forty-seven, and whether you love cooking or hate it, Every Woman's Guide to Eating During Pregnancy gives you all the practical information and tips you need to keep you and your baby healthy. It includes suggestions for coping with nausea and heartburn, ideas on how to make your cravings work for you, a clear explanation of your changing nutritional needs by trimester, a week's worth of flexible meal programs, with plenty of ideas for nutritious breakfasts, lunches, dinners, and snacks: lower-carb, high-protein plans for weight control; higher-carb, high-protein plans; ovo-lacto and vegan plans; plans for women who don't want to cook, including a list of healthful packaged foods from the supermarket; calcium-rich menus for the lactose-intolerant; plans for women who are expecting multiples; plans for women with gestational diabetes; plans for each trimester; 100 easy, nourishing recipes, including Buttermilk Pancakes, High-Protein Muffins, Mediterranean Chicken Stew, Pasta with Tomato-Mushroom Sauce, and Chocolate Pudding.

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