



The Pregnancy Diet: A Healthy Weight Control Program for Pregnant Women

By Eileen Behan

SIMON SCHUSTER, United States, 1999. Paperback. Book Condition: New. Original ed.. 208 x 135 mm. Language: English . Brand New Book ***** Print on Demand *****.In this first and only book of its kind, Eileen Behan, registered dietitian and mother of two, answers every imaginable question related to proper, healthy weight gain and the best nutrition for your baby, including exactly what to eat (and what not to eat) as well as how you can return to your pre-pregnancy weight after your baby's birth. Working hand-in-hand with your obstetrician's advice, this wonderful book is chock full of helpful information (what to eat during morning sickness when you don't want to eat at all), and facts you need to know (is a vegetarian diet safe for your baby?). Complete with an exciting eating program based on six easy-to-understand food groups--and delicious, healthy recipes that you'll love, The Pregnancy Diet understands a woman's real-life needs. You'll find: Weekly weight goals for single births and twins Simple-to-make menus and nutrition-packed meals and snacks Facts about aspartame, soft drinks, caffeine, alcohol, and smoking Nutritional guidelines for special problems--gestational diabetes, pregnancy-induced hypertension, doctor-ordered bed rest, and others The best food sources for the essential...



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