

[PDF] Eating For Pregnancy: The Essential Nutrition Guide And Cookbook For Today's Mothers-to-Be

Catherine Jones, Rose Ann Hudson - pdf download free book

Books Details:

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Author: Catherine Jones, Rose Ann Hu

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Description:

Review Caroline M. Apovian, MD, FACP, FACN

"As nutrition specialists we often see postpregnancy patients and wish they had received good nutrition counseling prior to and during pregnancy. This guide should be on the bookshelves of all obstetricians as they counsel their pregnant patients. It is a must-have for all pregnant patients who want to have a healthy peripartum experience."

Diane Snyder, MD, OBGYN

"As an obstetrician this is a welcome resource for our patients. We often wish we had more time during prenatal visits to review healthy eating and recommendations for adequate nutrition. This book is a welcome addition!"

Pittsburgh Tribune-Review

"*Eating for Pregnancy* has features that distinguish it from other books in the pregnancy category, including a family approach to eating and cooking during pregnancy, diabetic exchanges, an extensive chapter on vegetarian cooking, and tips for coping with morning sickness. It's a book for motherhood in the 21st century."

Diane Forley, chef-owner of Verbena Restaurant, New York City

"This book is full of information that is vital to maintaining a healthy pregnancy. The recipes are creatively delicious and make eating nutritiously an exciting and achievable goal."

ForeWord Magazine

"From an overview on nutrition and pregnancy through the recipes . . . this book is a must-have. The recipes reflect an appealing fresh and light approach."

Cindy Pawlcyn, chef and restaurateur

"Whether you want to get pregnant, are pregnant or adopting a baby, I encourage you to buy this book because it is full of simple, delicious recipes and lots of sound advice on how to eat better and enjoy a healthier lifestyle."

New Parents Magazine

"Every pregnant woman knows that what she eats impacts the health of her baby. But coming up with healthy menus day in and day out can be as daunting as delivery itself. For well-meaning moms everywhere, the simple solution is *Eating for Pregnancy*. . . . If your idea of the perfect meal is equal parts easy, delicious and nutritious, this book is for you."

Saginaw News

"Finally . . . a cookbook for mothers-to-be. . . . A new cookbook that offers nutrition guidelines for moms-to-be and includes recipes the entire family will enjoy."

Monadnock Ledger

"Everything in the book is intended to be not only easy to prepare, but also healthy and appealing to every member of the family."

Cape Gazette

"A must for mothers-to-be."

Maria Theresa Guevara-Hensen, MD, OBGYN

"A compact and informative nutrition guide with recipes that are easy and clearcut. It will see you through nine months and beyond."

The Washington Post

"A food-friendly guide to pregnancy and beyond...The more than 150 recipes in the book are presented in categories that fit with contemporary lifestyles...It's a realistic approach at a time when more and more meals take place outside the home."

Publishers Weekly

"Delicately balancing optimum and unnecessary weight gain...simple yet flavorful dishes... an overwhelming amount of information."

Washington Parent Magazine

"It's the subtitle that makes *Eating for Pregnancy: An Essential Guide to Nutrition with Recipes for the Whole Family* so special. Not only does the book address mom's needs, but also those of those who cook and dine with her."

Bellaonline.com

"A wonderful book jam-packed with more than 150 nutrient-dense recipes that are guaranteed to become family favorites...Has many marvelous main courses to choose from, no matter what you're craving...And if you're craving tons of sweet things then Chapter 6 has recipes for desserts and other sweet treats that will satisfy your cravings without packing on the pounds...You'll probably still be making and enjoying meals from *Eating for Pregnancy* long after your pregnancy has become a distant memory."

About the Author Catherine Jones, graduate of La Varenne Culinary School in France and freelance food, health, and travel writer, is also the author of *Eating for Lower Cholesterol*. She lives in Bethesda, Maryland, with her husband and two children. www.catherinejonescooks.com

Rose Ann Hudson, RD, LD, a perinatal nutritionist and registered dietitian at Inova Fairfax Hospital, counsels both high-risk patients and women experiencing healthy pregnancies. She is the mother of two daughters and lives in Rockville, Maryland, with her family.

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