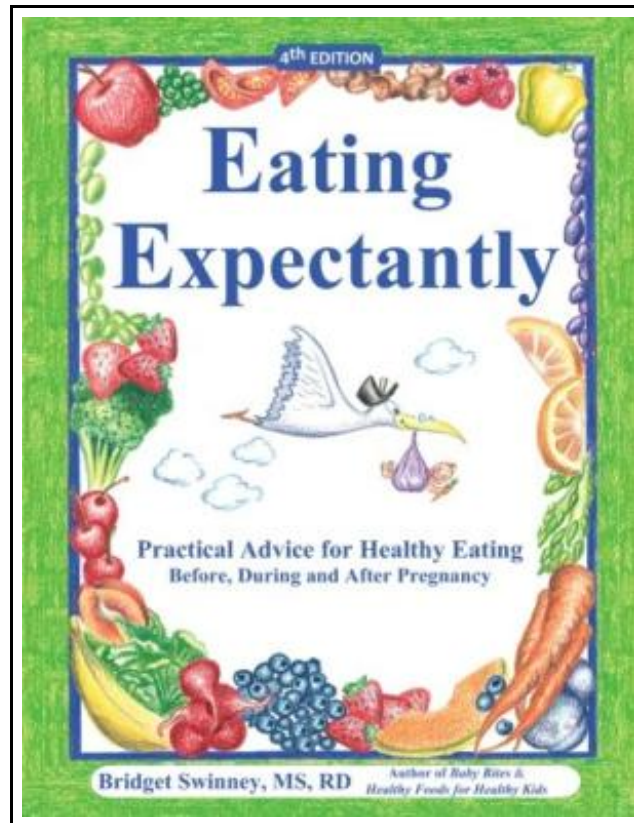


## Eating Expectantly: Practical Advice for Healthy Eating Before, During and After Pregnancy



Filesize: 6.27 MB

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**(Mr. Grant Stanton PhD)**

## EATING EXPECTANTLY: PRACTICAL ADVICE FOR HEALTHY EATING BEFORE, DURING AND AFTER PREGNANCY



Healthy Food Zone. Paperback. Book Condition: New. Paperback. 458 pages. Dimensions: 9.5in. x 7.4in. x 1.3in. Eating Expectantly gives moms-to-be the tools, tips and tricks they need to eat well from preconception through postpartum. The first interactive pregnancy book of its kind, Eating Expectantly contains QR codes which links the reader to websites, videos and updates. Nothing is more important than a moms (and dads) diet and lifestyle before and during pregnancy: it can set the stage for a lifetime of good health for their baby. But if moms or dads diet is severely lacking, it could program their baby for birth defects or chronic disease like heart disease or diabetes later in life. Eating Expectantly is the most comprehensive and up-to-date pregnancy nutrition book available. This edition has a focus on eating cleaner and greener and helps moms decide when its best to buy organic, as well as which cleaning and beauty products are safe. Just a few of the topics covered in Eating Expectantly: How to have a healthier lifestyle and diet before conception (for mom and dad) to improve fertility and the odds of delivering a healthy baby. Fertility boosting advice for women with PCOS. Step-by-step advice for each trimester including power nutrients and superfoods. How to gain just the right amount of weight with the smart carbs approach. Advice for a multitude of eating issues like vegetarian eating and gluten intolerance. Advice for tummy troubles like nausea, heartburn and constipation. How to plan and prepare healthy foods when time is short--and eat better when eating out. Food safety tips for pregnancy. How to eat cleaner and greener by limiting pesticides and other chemicals. Fitness tips for pregnancy and beyond. Diet and lifestyle tips to prevent high-risk conditions like gestational diabetes, hypertension, preeclampsia and preterm birth. Contributions from...



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