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Eat This, Not That When You're Expecting: The Doctor-Recommended Plan For Baby And You! Your Complete Guide To The Very Best Foods For Every Stage Of Pregnancy





Synopsis

The authoritative, must-have healthy-eating guide for pregnant women, from Americaâ™s most trusted OB/GYN and the mega-selling authors of Eat This, Not That! Â Master These Fast and Easy Food Swapsâ "For Your Happiest, Healthiest Baby! Â Tired of worrying about what you should be eating for your babyâ "and for you? Dr. Jennifer Ashton, chief womenâ™s health correspondent for ABC News, has delivered 1,500 happy, healthy babies, and now sheâ™s here to help yours. Eat This, Not That! When Youâ™re Expecting features trimester-by-trimester meal plans, detailed restaurant-by-restaurant guides, and aisle-by-aisle supermarket swapsâ "not to mention easy, delicious recipes that satisfy every craving. Now you can order, cook, and enjoy meals with total confidence, thanks to this authoritative, must-have healthy-eating guide, from Americaâ™s most trusted OB/GYN with David Zinczenko, co-founder of Eat This, Not That! Â Youâ™ll learn: â¢ The essential nutrients, and where to find them. â¢ What to order when youâ™re eating out. â¢ What to buy, aisle-by-aisle in the supermarket. â¢ How to cook delicious craving crushers and healthy meals. â¢ And how to stop worrying, live healthfully, and enjoy the next amazing nine months. Â Whatever youâ™re hungry for, wherever you happen to be, Dr. Ashton delivers the answers: Â Which foods are allowed? Get the scoop on cheese, fish, diet soda, and moreâ "including a complete guide toÂ brand names. Â Which chemicals are harmful? Find authoritative answers on artificial sweeteners, MSG, and questionable pregnancy foods. Â Which brands are best? Arm yourself with simple and delicious guides to healthy pizza, pasta, sandwiches, even burgers! Â How do I handle cravings? Discover 1,000s of food swaps for every desireâ "with hundreds of quick, simple, and satisfying recipes. Â PLUS! A complete morning sickness survival guide! Â Turn to the insightful and authoritative menu plans in Eat This, Not That! When Youâ™re Expecting to help you: Â â¢ Give your child a head start with delicious brain-boosting pregnancy foods. â¢ Reduce your babyâ™s risk of allergies and asthma. â¢ Protect yourself and your child from obesity todayâ "and long into the future. â¢ Make delivery safer, easier and less painful!

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Customer Reviews

Most of the pregnancy books I have read give you lots of information about what to do, but they aren't specific enough, like telling you to eat whole grains, but not which exact loaf of bread to buy or avoid fish that are high in mercury, but not telling you that there are fish you can eat. They also aren't always realistic, because I guess they think you can follow their advice perfectly since it's only for nine months. This book is different. Dr. Ashton tells you exactly what brands and products you should eat, aisle by aisle in the supermarket, as well as at restaurants like Chipotle, McDonald's and Chili's. Plus, it's got tons of easy healthy recipes. She also tells you which don't are really really bad, like smoking, and which, like caffeine, you just need to cut down on but not cut out entirely. Finally, like all of the Eat This Not That books I have read before, this book is easy to use and fun. There are lots of pictures that make it easier to remember what to buy and what to avoid. I don't really have to remember though, because I bought the ebook, so it's on my phone and I can use it to shop for groceries, order at a restaurant or make something quick at home.

Love love love this book, it's such a great tool for planning meals during my pregnancy, I am happy to say that I am almost halfway through and have not yet even gained 10 pounds. I actually feel better these days because I am eating so much better!

Loved this book! I like how it doesn't just tell you to eat or not eat something, it explains why. This book is also not just for pregnant ladies. I have found some interesting facts that I was able to share with my husband who is trying to not gain too much "sympathy" weight ;) The only down side for me is they did not list the carbs for most items in this book, and as a pregnant woman, watching my daily carb servings is very important.

I bought this for my great grand daughter and have not had the chance to give it to her yet. I have looked it over and think it is OK. Of course much has changed in my lifetime in thinking. Some I agree with and some I don't. I will still be giving her the book as she is just starting out and needs all

the help she can get.

The book seemed fairly new. I was surprised by the thoroughness of the contents and the variety.

Very satisfied with this book because I have problems figuring out what exactly is best to eat while I'm pregnant yet still being able to eat my sweets and stuff! I def recommend this book.

Awesome book. M favorite book is "What To Expect When You Are Expecting" and this book comes at a close second

Great book by Dr. Ashton. Gave to my friend who is going to be a first time mother. She loved it!

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