



Eating for Two: Recipes for Pregnant and Breastfeeding Women

Robin Lim

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Between the bizarre food cravings and the nausea, preparing balanced meals is often the last thing on your mind when you're pregnant. In EATING FOR TWO, childcare and women's-wellness expert Robin Lim presents more than 150 easy-to-prepare recipes, using wholesome and simple ingredients for achieving optimal health and avoiding discomfoting side effects during pregnancy. With a focus on plentiful options for nutritious and satisfying meals, she also provides information to determine which foods deliver sufficient protein, calcium, iron, and other necessary nutrients, to ensure a healthy start for the new baby. An essential cookbook and resource for mothers-to-be and breastfeeding moms, EATING FOR TWO is like having a wise-woman healer, supportive friend, and personal nutritionist by your side. Eating wisely can be the best prevention for the most common pregnancy-related complaints as well as healthy fetal development. Includes a Three-Day Food Diary for accurately determining your daily vitamin and mineral intake, and recommends preventative remedies to help stave off nausea, insomnia, joint swelling, and heartburn. Offers advice on foods to avoid during pregnancy, as well as important information on genetically engineered foods.

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