



# Pregnancy Cooking and Nutrition For Dummies

*Tara Gidus*

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Tara Gidus

**Pregnancy Cooking and Nutrition For Dummies** Tara Gidus

**100 recipes to keep moms-to-be on the road to tasty, proper, prenatal nutrition**

*Pregnancy Cooking & Nutrition For Dummies* helps moms-to-be eat tasty meals while maintaining nutritional balance. Going beyond most books on the shelf, you'll get not only 100 recipes and tips on how to supercharge family favorites (by making them even more healthy and nutritionally balanced) but also answers to such questions as: what is healthy weight gain; what meals help to overcome morning sickness; what are nutritionally sound snacks to satisfy cravings; what foods should be avoided to control heartburn and gas; and how to maintain nutritional balance with recommended amounts of the best vitamin, mineral, and organic supplements.

From seafood to eggs to unpasteurized cheeses, the list of foods pregnant women should avoid is not only long, but confusing. *Pregnancy Cooking & Nutrition For Dummies* gives you the lowdown on what to eat, what not to eat, and why. Additionally, it discusses how those with special diets (e.g. vegetarians, those with food allergies, etc.) can still follow good nutritional guidelines and address their unique nutritional needs — as well as those of their unborn child.

- 100 recipes to get you started on the road to tasty, proper, prenatal nutrition
- Helps you better understand and address the nutritional needs of yourself and your unborn child
- Shows you how to create a stable and nutritious diet

*Pregnancy Cooking & Nutrition For Dummies* provides pregnant mothers with the resources and advice they need to create a stable and nutritious diet that addresses both their needs and those of their unborn child.

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