

Better Food for Pregnancy

Nutrition Guide plus more than 125 Recipes
for Healthy Pregnancy and Breastfeeding

One of the best times to learn about good nutrition is when you are planning to conceive or in the earliest stages of pregnancy. A mother's nutritional status prior to conception and during her pregnancy greatly influences the overall health of her baby at birth and in later years.

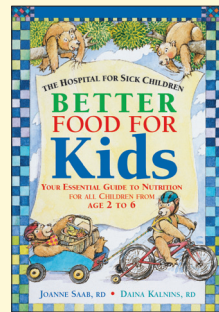
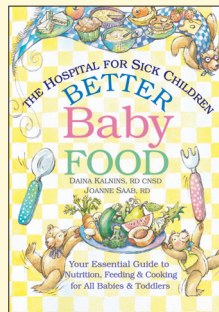
This means eating smart, since energy needs are increased during pregnancy and specific nutrients (such as iron and folic acid) are in higher demand — even before conception! With this book, you'll discover the basics of a better diet for your pregnancy, including the optimum intake of nutrients. You'll receive comprehensive, easy-to-understand nutritional advice for every stage from conception to breastfeeding. As an added bonus, the recipes provide you with an easy way to follow this advice and get the important nutrients you and your baby need.

Create these delicious & nutritious recipes: Breakfast Muesli to Go, Cranberry Oat Muffins, Black and White Bean Salsa, Ginger Chili Sweet Potato Soup, Mandarin Orange Salad with Almonds, Crunchy Broccoli Salad, Honey Dijon Chicken, Parmesan Herb-Baked Fish Fillets, Coconut Shrimp Curry, Chickpea-Herb Burgers, Orange Ginger Pork and Vegetables, Spiced Veal Stir-fry, Beef Fajitas, Swiss Chard Frittata in a Pita, Mushroom-Spinach Lasagna with Goat Cheese, Cinnamon Baked Pears, Chocolate Cupcakes

This book features:

- The top 20 most frequently asked questions about nutrition and pregnancy
- Food nutrition basics explained in easy-to-understand language
- Food safety, including charts and graphs on everything from safe food-handling practices to fish consumption guidelines
- Pre-pregnancy nutrition, including recommended intakes of everything from folic acid to calcium and iron
- Early, mid- and late pregnancy nutrition (first to third trimesters)
- Postpartum nutrition and breastfeeding
- Good nutrition for life
- 125 recipes for healthy pregnancy and breastfeeding
- Canada's Food Guide to Healthy Eating

Also Available



The Hospital for Sick Children is acknowledged as one of the foremost children's hospitals in the world. Since 1875, it has been providing specialized care for infants, toddlers and all children up to 18 years of age. With an international reputation for treatment and research programs in all areas of children's health, the hospital treats some 340,000 patients each year.

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ISBN-13 978-0-7788-0136-8
ISBN-10 0-7788-0136-5



\$19.95 USA
\$24.95 CAN

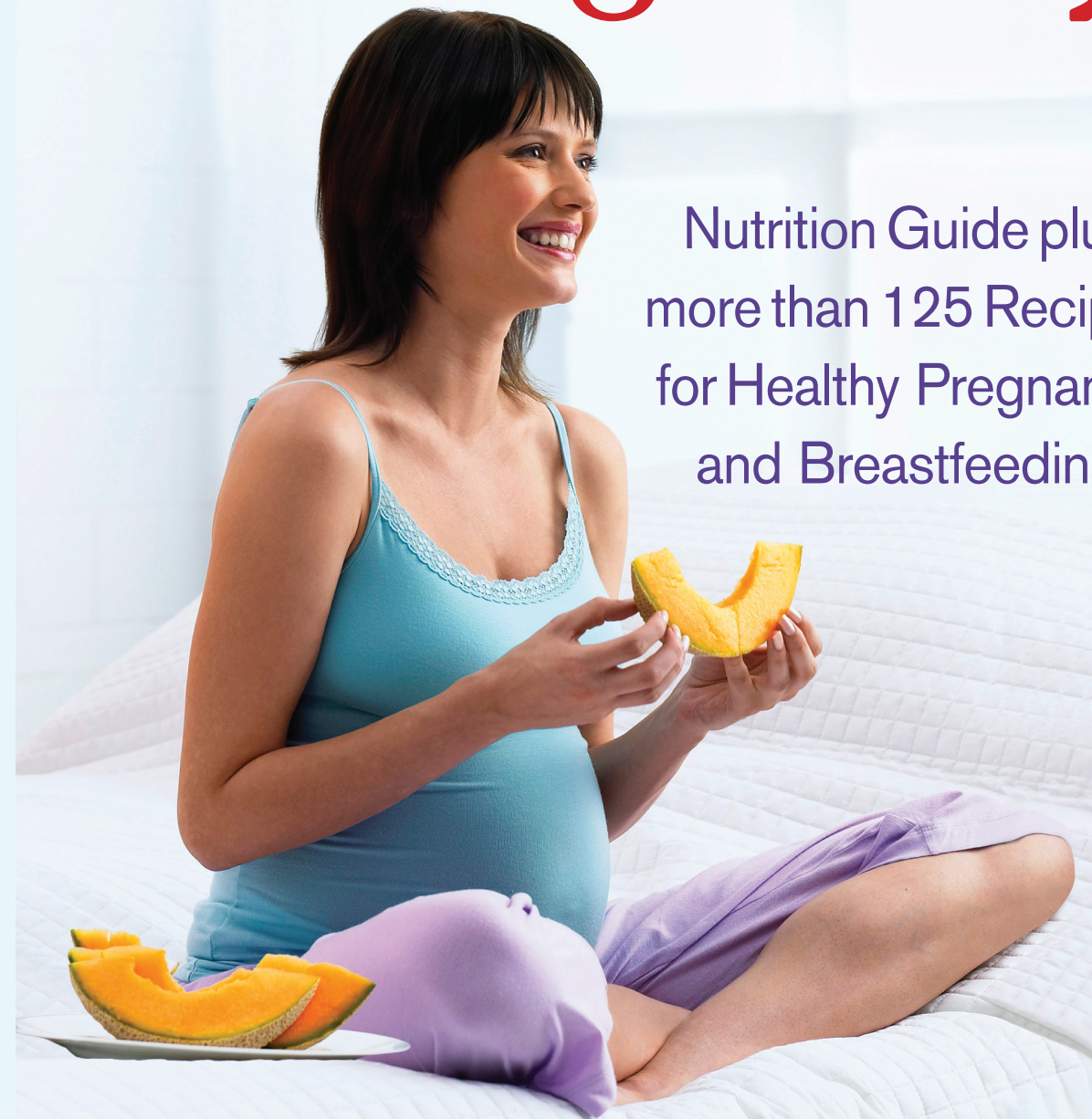
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SickKids
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SICK CHILDREN

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