



The Whole 9 Months: A Week-By-Week Pregnancy Nutrition Guide with Recipes for a Healthy Start

Sonoma Press

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-I'm thrilled that Dr. Lang has put her valuable knowledge into these pages. With this book in your hand, you are on your way to putting your health first and setting your baby up for lifelong wellness.-

-JESSICA ALBA, co-founder of The Honest Company

Good For Baby, Good For You

Dr. Jennifer Lang has worked for decades in support of maternal and infant health. As an OB-GYN, activist, and mother herself, she knows the importance of pre-natal nutrition to mother and baby and how overwhelming all of the information available can be. *The Whole 9 Months* is your all-in-one pregnancy book to answer the questions you'll have at every trimester. Through simple nutritional guidelines, up-to-date pregnancy research, and real mom-to-mom advice, you'll discover how easy it can be to make good food choices for your body while growing a healthy, happy baby.

This invaluable pregnancy nutritional guide contains:

Information on essential baby-building nutrients, daily consumption needs, and where to find them in foods
More than 100 quick and easy recipes for a variety of diets--including vegetarian, vegan, and gluten-free--with nutritional information for each recipe
Suggestions and swaps (and other helpful tricks) to combat nausea and cravings
Eating guides that outline what to eat (or not) while pregnant, best food choices if you have gestational diabetes, foods that stimulate breast milk production, and much more!

-Eating for two- is the most important eating that you'll ever do--and *The Whole 9 Months* is the most comprehensive pregnancy book to help you do it right.

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From Reader Review The Whole 9 Months: A Week-By-Week Pregnancy Nutrition Guide with Recipes for a Healthy Start for online ebook

Amanda says

This book got off to a bad start for me at the beginning of Part 1: “I was a second-year surgical fellow in gynecologic oncology, working insane hours, barely sleeping, and just beginning to show my pregnancy bump under my scrubs, when I passed a vending machine in the hospital. I saw the image of a Diet Coke and it looked really good to me. I approached the machine and dug into the pocket of my lab coat for coins. Then it hit me: the image of a little baby with a cord connecting that bottle of Diet Coke to its tummy. If I drank this, I would literally be mainlining a brown, fizzy, chemical soup into my little bean. Nope, I said. Walk away.” Literally mainlining? No. That is now how it works at all. I get what she is saying, but this is way too pseudoscience for me.

Hannah Henson says

I look forward to using the recipes. The actual content of the book often came off a little judgmental and kind of condescending. I disagreed with a few things, so it placed many of her facts in a questionable light. Some useful information, nonetheless.
