**What to Expect: Eating Well When You're Expecting**

Heather Crosby, Yum Universe: "Eat Your Feelings is a joyful, judgement-free zone and an opportunity to answer your body’s call in an informed and delicious way." Lindsey Smith, The Food Mood Girl, shows how you can transform your lifestyle by learning from your cravings and using mood-boosting ingredients every day. Blending together Lindsey Smith’s passion for health and wellness, food and humor, Eat Your Feelings is a humorous, lighthearted take on your typical diet book. Busy young professionals wrestle with long hours, an exhausting dating world, and the stress of the modern world. As days whiz by, it’s normal to gravitate toward food—a quick slice of pizza, a chocolate bar, or a bag of chips—that fulfills a craving of the moment or gives a quick energy boost. And this impulse makes sense. Food gives us a sense of pleasure and joy. It can provide us with satisfaction and comfort. Food can awaken each of our senses to something new each time we eat. It gives us energy, and quite literally sustains life as we know it. It should be emotional. If you are feeling sad, stressed, exhausted, hungry, or bored, it’s comforting to eat dishes you love and crave. But Lindsey Smith shows how simple it is to make those same meals and snacks with mood-boosting ingredients that will physically nourish instead of processed foods. In Eat Your Feelings, Lindsey Smith, the Food Mood Girl, will look at ways to eat healthy food based on what people tend to crave the most during heightened emotional states, introducing recipes with crunchy, cheesy, creamy, sweet, and salty themes and drink alternatives for those who tend to chug soda or coffee when all worked up. It’s crucial to listen to your cravings: they are the gatekeepers that unlock the secrets to our unique bodies. But a major element of the Food Mood lifestyle is love, and revolutionizing the way you treat your body and your cravings will not only rid yourself of hanger pains but will also teach you how to listen and respond to your body with healthy ingredients and recipes.

**Eat That Frog!**

Turn food from foe to friend with this bestselling guide to developing healthy eating habits through mindfulness—from a Zen teacher Food. It should be one of life’s great pleasures, yet many of us have such a conflicted relationship with it that we miss out on that most basic of satisfactions. But it is possible— and not really all that difficult—to reclaim the joy of eating,
according to Dr. Jan Bays. Mindfulness is the key. Her approach involves bringing one’s full attention to the process of eating— to all the tastes, smells, thoughts, and feelings that arise during a meal. She shows you how to:
· Tune into your body’s own wisdom about what, when, and how much to eat
· Eat less while feeling fully satisfied
· Identify your habits and patterns with food
· Develop a more compassionate attitude toward your struggles with eating
· Discover what you’re really hungry for

Whether you are overweight, suffer from an eating disorder, or just want to get more out of life, this book offers a simple tool that can transform your relationship with food into one of ease and delight. This new edition, updated throughout, contains a new chapter on how to provide children with a foundation in mindful eating that will serve them well all the rest of their lives. It also includes a link to a 75-minute on-line audio program of mindful eating exercises led by the author.

Eat to Live

A collection of eclectic vegetarian and vegan recipes for singles as well as lone vegetarians in meat-eating households, from the beloved James Beard award-winning Washington Post editor and author of Serve Yourself. Whether you’re a single vegetarian, an omnivore who’s looking to incorporate more vegetables in your life, or a lone vegetarian in a meat-eating household, you know the frustrations of trying to shop, plan, and cook for one. With Eat Your Vegetables, award-winning food editor of The Washington Post and author of the popular column Cooking for One, Joe Yonan serves up a tasty book about the joys of solo vegetarian cooking. With 80 satisfying and globally-inspired vegetarian, vegan, and flexitarian recipes such as Spinach Enchiladas, Spicy Basil Tofu Fried Rice, and One-Peach Crisp with Cardamom and Honey, Yonan arms single vegetarians with easy and tasty meal options that get beyond the expected. In addition to Yonan’s fail-proof recipes, Eat Your Vegetables offers practical information on shopping for, storing, and reusing ingredients, as well as essays on a multitude of meatless topics, including moving beyond mock meat and the evolution of vegetarian restaurants. The perfect book for anyone looking to expand their vegetarian and produce-based repertoire, Yonan’s charming, personable voice and unfussy cooking style encourage home cooks—both new and experienced—to take control in the kitchen and craft delicious veggie-centric meals for one.

The What to Eat When Cookbook

“To eat at Fatty Crew’s new restaurant is to experience the very essence of nowness. No one else is cooking like this anywhere.” — Sam Sifton, New York Times iconoclast chef Zak Pelaccio has been hailed as a “mini Mario” (Batali) and “the next Jean-Georges” (Vongerichten). The ingenious culinary innovator behind the acclaimed Fatty Crab and Fatty Cue restaurants, Pelaccio entreats food-lovers to Eat With Your Hands with this groundbreaking and gorgeous cookbook of Southeast-Asian inspired, French-Italian infused cuisine. A gastronome’s delight, Eat With Your Hands celebrates the unique joys of getting your hands greasy in— and out— of the kitchen with more than 125 unique, extraordinarily savory recipes aimed at both the professional and the home cook alike. This is haute cuisine with a punk rock flair, presented with a refreshing irreverence that would do Anthony Bourdain proud.

What To Eat When You Are Pregnant

Easy-to-understand rules for eating right, from food expert Mark Bittman and Yale physician David Katz, M.D., based on their hit Grub Street article
See next page
whatever you do. You can apply many of these ideas to your personal life as well. Each of these twenty-one methods and techniques is complete in itself. All are necessary. One strategy might be effective in one situation and another might apply to another task. All together, these twenty-one ideas represent a smorgasbord of personal effectiveness techniques that you can use at any time, in any order or sequence that makes sense to you at the moment. The key to success is action. These principles work to bring about fast, predictable improvements in performance and results. The faster you learn and apply them, the faster you will move ahead in your career - guaranteed! There will be no limit to what you can accomplish when you learn how to Eat That Frog!

Eat Your Way To Happiness

From the bestselling author of You Are What You Eat, Dr. Gillian McKeith’s recipe for a healthier life… Eat delicious food, feel great, look fabulous. “I want you to look and feel like a new person. Discover the amazing array of delicious and healthy recipes you can make every day. You’ll absolutely love it— I promise!” Based on BBC America’s hit TV show You Are What You Eat, the You Are What You Eat Cookbook makes healthy eating easy, simple, and fun. It also answers all those questions which can easily turn into excuses: · What exactly can I eat? · Can healthy food really be tasty and convenient? · Where to I find quinoa and kelp? · What is quinoa? Packed with over 150 recipes and ideas for juices, smoothies, breakfasts, soups, salads, lunchboxes, main meals, quick bites, snacks, and treats, here is a plan for you and your family to savor. Energy, vitality, and simply feeling great is just around the corner.

Eat Your Heart Out

This is the definitive healthy eating guide for pregnancy, providing you with an instant checklist of what foods are safe and what foods you should steer clear of. In this fully revised new edition expert nutritionist and pregnancy specialist Dr Rana Conway provides all the facts and everything you need to know to give your baby the very best start in life. Are you Vegetarian? Check out the brand new guide by Dr Rana Conway: What to Eat when you're Pregnant and Vegetarian is available to buy now (9780273785774).

What to Eat When You're Pregnant

Shaun of the Dead meets Dumplin' in this bitingly funny YA thriller about a kickass group of teens battling a ravenous group of zombies. In the next few hours, one of three things will happen. 1--We'll be rescued (unlikely) 2--We'll freeze to death (maybe) 3--We'll be eaten by thin and athletic zombies (odds: excellent) Vivian Ellenshaw is fat, but she knows she doesn't need to lose weight, so she's none too happy to find herself forced into a weight-loss camp's van with her ex-best friend, Allie, a meathead jock who can barely drive, and the camp owner's snobby son. And when they arrive at Camp Featherlite at the start of the worst blizzard in the history of Flagstaff, Arizona, it's clear that something isn't right. Vee barely has a chance to meet the other members of her pod, all who seem as unhappy to be at Featherlite as she does, when a camper goes missing down by the lake. Then she spots something horrifying outside in the snow. Something that isn't human. Plus, the camp's supposed "miracle cure" for obesity just seems fishy, and Vee and her fellow campers know they don't need to be cured. Of anything. Even worse, it's not long before Camp Featherlite's luxurious bungalows are totally overrun with zombies. What starts out as a mission to unravel the camp's
secrets turns into a desperate fight for survival—and not all of the Featherlite campers will make it out alive. A satirical blend of horror, body positivity, and humor, Kelly deVos's witty, biting novel proves that everyone deserves to feel validated, and taking down the evil enterprise determined to dehumanize you is a good place to start.

**Eat This, Not That! When You're Expecting**

An alphabetical tour of the world of fruits and vegetables, from apricot and artichoke to yam and zucchini.

**Eat with Your Hands**

Finally, an end to the food confusion. A simple, practical and common-sense book that not only guides you on what to eat but also explains why. It wouldn't be surprising if you were unsure what to believe and perplexed about the healthiest way to eat. Dr Kasenene felt that way too when he first decided to change his diet in an effort to improve his health. If you seek a straightforward and easy to apply approach to eating food that simplifies the basics about a healthy diet - and especially if you're a little overwhelmed by food - this book is definitely for you. Every day, we're faced with endless opinions about what to put into our mouth as well as a mountain of choices, many of which can be challenging without the right information. We are bombarded by an increasing, never-ending flow of new nutrition information. But after his own health transformation that he describes in the book, after several years of studying food and using it as medicine in his practice, and after helping thousands of people understand how to reclaim their health and wellness, Dr Kasenene has come to realise that eating healthily doesn't have to be complicated, unpleasant and confusing. In his book, *Eat Your Way to Wellness*, Dr Kasenene lays out Seven Proven Principles to being healthy, feeling vibrant, and enjoying your ideal weight. Dr Kasenene will help you navigate this barrage of information without feeling you have to be an expert in nutrition and without being overwhelmed or shaken by a new fad diet or program that makes you feel like you're doomed if you don't hop on board. This simple and easy-to-understand book will provide you with the knowledge to empower your food choices as well as simple and practical strategies to integrate healthy eating into your life, your family, and your home. In *Eat Your Way to Wellness*, Dr Kasenene explains: Why so many people are confused about what to eat and how to never again be confused about food How our food and our food choices have changed over the years The reason why many of us are so attracted to unhealthy junk food How what we eat literally becomes us The rationale behind the most ideal diet for human beings The Seven Principles that everyone should know if they want to have a healthy diet How to develop eating habits for superior health and wellbeing, including guiding what your plate should look like, how often you should eat certain foods, and how to structure your daily meals The common questions, concerns, and myths behind the different foods we eat How we can use food to prevent, manage, heal, and even reverse many diseases Not only how to lose weight, but more importantly, how to keep it off for life With real testimonies, common sense logic, simplified scientific explanations, and easy-to-follow practical suggestions on what, why, how, and when to eat, *Eat Your Way to Wellness* will provide you with the fastest and most straightforward way to be well, prevent disease, achieve your ideal weight, and feel your best. Dr Paul Kasenene is a medical doctor specialising in nutrition, lifestyle, and functional medicine. He believes that with a proper diet and lifestyle, your body has the amazing potential to stay healthy and heal itself of most chronic disease, often without the need for pharmacological medications. For more than eight years,
Dr Kasenene has studied the science of healing and wellbeing, and has used mostly food to help thousands of people discover the joy of living in true wellness. He now brings you the opportunity to learn the secrets that have helped so many—and that can help you too. All you have to do is be open-minded as he guides you on a journey that will help you to eat yourself to wellness.

Eat Your Veg

A clear, no-nonsense nutritional guide to a healthier life, from the author of Gillian McKeith’s Food Bible and Slim for Life. With over 2 million copies sold worldwide, Gillian McKeith’s You Are What You Eat is a national bestseller that has changed the way people think about food and nutrition. You Are What You Eat features real-life diet makeovers and case studies, easy to use lists and charts, and beautiful full color photographs. By encouraging you to eat more nutrient-dense, flavorful whole foods, You Are What You Eat will teach you how to stay healthy and satisfied. This healthy guide also includes:
• Gillian McKeith’s “Diet of Abundance” • A 7-Day jumpstart plan • The Food IQ Test • Complete shopping guide and meal plan • Healthy and delicious Mediterranean-inspired recipes

Eat Your Vegetables

The A-to-Z guide to essential vitamins, minerals, and nutrients, so you can ditch synthetic supplements and promote health naturally with nourishing foods. Vitamins and minerals are the building blocks of good health. But the heavily processed foods that are so common in today’s modern diet are stripped of these nutrients, leaving many people nutrient deficient despite meeting (or exceeding) their daily calorie needs. The accepted solution is to take supplements created in a lab, but the dosage and interactions can be confusing, and supplements are loosely regulated and not always foolproof, especially since our bodies are designed to receive nutrients from natural, whole foods. Eat Your Vegetables features fifty key vitamins, minerals, and other nutrients essential to your health. You will find clear definitions of each nutrient along with the role it plays in the body, how it is best consumed and absorbed, recommended daily doses, and detailed lists of foods and natural sources that contain the vitamin along with a recipe for a nutrient-rich meal. Ditch the synthetic supplements and make the right choice about how to properly feed and fuel your body.

You Are What You Eat

This book is mainly for the entry-level health care students who need to start at the basics. These students may be interested in various fields of study and this book would give them a general idea of nutrition and how people are affected by it. It includes information about age groups, cultures, religions, and diseases that the student may come in contact with. (From cover)

What to Eat When You're Pregnant including the A-Z of what's safe and what's not

Covering all our pressing food dilemmas, the award-winning food writer leads the way to sensible and practical choices about what to eat.

Eat Your Yard
What to Eat When You're Pregnant

"Includes a 10-day jump-start plan"--Jacket.

How to Eat Your Feelings

EATING WELL WHEN YOU'RE EXPECTING provides mums-to-be with a realistic approach to navigating healthily and deliciously through the nine months of pregnancy - at home, in the office, at Christmas, in restaurants. Thorough chapters are devoted to nutrition, weight gain, food safety, the postpartum diet, and how to eat when trying to conceive again. And the book comes with 150 contemporary, tasty, and healthy recipes that feed mum and baby well, take little time to prepare, and are gentle on queasy tummies. At the heart of the book are hundreds of pressing questions every mother-to-be has: Is it true I shouldn't eat any food cooked with alcohol? Will the caffeine in coffee cross into my baby's bloodstream? I'm entering my second trimester, and I'm losing weight, not gaining - help! Is all sushi off limits? How do I get enough calcium if I'm lactose intolerant? I keep dreaming about a hot fudge sundae - can I indulge? (The answer is yes!)

Mindful Eating

This book is the most comprehensive guide to restaurant nutrition information if you like to eat out, want to eat healthy, and want to make more informed choices. Ideal for when you're trying to lose weight, eat heart-healthy, or better manage other conditions such as diabetes.

What to Eat When

The healthy diet plan that's become a million-copy word-of-mouth bestseller -- now completely revised and updated. Hailed a "medical breakthrough" by Dr. Mehmet Oz, Eat to Live offers a highly effective, scientifically proven way to lose weight quickly. The key to Dr. Joel Fuhrman's revolutionary six-week plan is simple: health = nutrients / calories. When the ratio of nutrients to calories in the food you eat is high, you lose weight. The more nutrient-dense food you eat, the less you crave fat, sweets, and high-caloric foods. Eat to Live has been revised to include inspiring success stories from people who have used the program to lose shocking amounts of weight and recover from life-threatening illnesses; Dr. Fuhrman's nutrient density index; up-to-date scientific research supporting the principles behind Dr. Fuhrman's plan; new recipes and meal ideas; and much more. This easy-to-follow, nutritionally sound diet can help anyone shed pounds quickly-and keep them off.

You Are What You Eat

Edible plants provide spring blossoms, colorful fruit and flowers, lush greenery, fall foliage, and beautiful structure, but they also offer fruits, nuts, and seeds that you can eat, cook with, and preserve. Eat Your Yard! includes ideas for creating the landscape as well as an overview and tips on canning, pickling, dehydrating, freezing, juicing, and fermenting.

Eat Your Words

Written by one of America's foremost authorities in preventive medicine, Nutrition in Clinical Practice, Second Edition is the practical,
comprehensive, evidence-based reference that all clinicians need to offer patients effective, appropriate dietary counseling. This fully revised edition incorporates the latest studies and includes new chapters on diet and hematopoiesis, diet and dermatologic conditions, and health effects of coffee, chocolate, and ethanol. Each chapter concludes with concise guidelines for counseling and treatment, based on consensus and the weight of evidence. Appendices include clinically relevant formulas, nutrient data tables, patient-specific meal planners, and print and Web-based resources for clinicians and patients.

**What to Eat: Food that's good for your health, pocket and plate**

This valuable guide to healthy eating presents 10 simple secrets that provide amazing results, including the 1-2-3 combination of breakfast foods that will keep you energized all day, the 12 super foods that boost mood and slim the waistline and much more. Reprint.

**What to Eat When You're Eating Out**

Baked Alaska, melba toast, hush puppies, and coconuts. You'd be surprised at how these food names came to be. And have you ever wondered why we use the expression "selling like hotcakes"? Or how about "spill the beans"? There are many fascinating and funny stories about the language of food—and the food hidden in our language! Charlotte Foltz Jones has compiled a feast of her favorite anecdotes, and John O'Brien's delightfully pun-filled drawings provide the dessert. Bon appetit!

**Just Eat**

"Investigative journalist Barry Estabrook was often on the receiving end of his doctor's scowl. Realizing he had two options—take more medication or lose weight—Estabrook chose the latter, but was paralyzed by the options. Which diet would keep the weight off? What program could he maintain over time? What diet works best—or even at all? Over the course of three years, Estabrook tried the regimens behind the most popular diets of the past forty years—from paleo, keto, gluten-free, and veganism to the Master Cleanse, Whole30, Atkins, Weight Watchers—examining the people, claims, and science behind the fads, all while recording his mental and physical experience of following each one. Along the way, he discovered that all the branded programs are derived from just three diets. There are effective, scientifically valid takeaways to be cherry-picked...and the rest is just marketing. Perhaps most alarming, Estabrook uncovered how short-term weight loss can do long-term health damage that may go undetected for years. Estabrook contextualizes his reporting with an analysis of our culture's bizarre dieting history, dating back to the late 1800s, to create a thorough—and thoroughly entertaining—look at what specific diets do to our bodies, why some are more effective than others, and why our relationship with food is so fraught."—Provided by publisher.

**Eat for Life**

"A cookbook that puts into effect a strategic eating plan developed by the authors to help promote healthier living, disease prevention, better performance and a longer life"—

**Eating the Alphabet**
NY Times best-selling author Dr. Michael Roizen reveals how the food choices you make each day—and when you make them—can affect your health, your energy, your sex life, your waistline, your attitude, and the way you age. What if eating two cups of blueberries a day could prevent cancer? If drinking a kale-infused smoothie could counteract missing an hour's worth of sleep? When is the right time of day to eat that chocolate chip cookie? And would you actually drink that glass of water if it meant skipping the gym? This revolutionary guide reveals how to use food to enhance our personal and professional lives—and increase longevity to boot. What to Eat When is not a diet book. Instead, acclaimed internist Michael Roizen and preventive medicine specialist Michael Crupain offer readers choices that benefit them the most—whether it's meals to help them look and feel younger or snacks that prevent diseases—based on the science that governs them.

**Eat Right for Your Type**

Pregnancy is an amazing time, full of wonder and excitement. But it can be worrying too. You know it's down to you to eat and drink in a way that will keep your baby safe and provide the ideal fuel for growth and development. But for most of us it's far from clear exactly what that means. So what should you eat—and what should you avoid? What's healthy—and what's not? And if there is a risk involved with certain foods, what exactly is the risk and how big is it? What are the nutrients that a growing baby needs and what can you eat to provide them? Do you need to take supplements, and if so, which ones? This handy, compact book is your saviour. It's the definitive healthy eating guide for pregnancy and provides an instant checklist as to what foods are safe and what you should steer clear of. This new edition has been fully revised and includes: • A unique, updated A-Z of food and drink—the ultimate handy, quick reference • Guidelines on alcohol and caffeine, with full explanation • Advice for vegetarian mothers-to-be and those on special diets • Tips on how to handle morning sickness • How to achieve a healthy weight gain and how to lose it sensibly afterwards • Latest research findings on what foods affect a baby's development, including the most up-to-date advice on allergy proofing your baby • What you should and shouldn't eat while breastfeeding Expert nutritionist and pregnancy specialist Dr Rana Conway provides all the facts and everything you need to know to give your baby the very best start in life.

**I Want to Eat Your Books**

He's limping strangely down the hall with outstretched arms and a groaning drawl. A zombie! Could it really be? You race to class, but turn to see he's sitting in the desk right next to you! But odds are you'll probably be okay, because this is no ordinary zombie. This zombie doesn't want to eat your brains—he wants to eat your books! Hide your textbooks and your fairy tales, because the little zombie is hungry and he doesn't discriminate between genres. Will the school library be devoured, or will the children discover something the zombie likes to do with books even more than eating them? This monster book is silly and fun, with a strong message about kindness and friendship. The little zombie teaches kids not to jump to conclusions and to give everyone a chance. And when a real-life mummy shows up, the zombie is the first to step up and offer the mummy his friendship—and to teach her a few things about the joy of books. This is the perfect monster book for little ones who want a thrill but aren't looking for anything too scary. For kids ages 3 to 6, this is not a scary monster book; rather, it's a great introduction to the importance of reading books and all that you can learn from them. This should have a big draw to librarians and booksellers as well as kids who enjoy books about monster. None of the monsters in the book are
scary, however, and it's not a book about kids trying overcome the monsters in their house or fight them. Instead, the kids actually are kind to the zombie and draw him into their friend circle, which is a great lesson for kids to learn. Sky Pony Press, with our Good Books, Racehorse and Arcade imprints, is proud to publish a broad range of books for young readers—picture books for small children, chapter books, books for middle grade readers, and novels for young adults. Our list includes bestsellers for children who love to play Minecraft; stories told with LEGO bricks; books that teach lessons about tolerance, patience, and the environment, and much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

**How to Eat**

We've all been there—angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn:

* How to reject diet mentality forever
* How our three Eating Personalities define our eating difficulties
* How to feel your feelings without using food
* How to honor hunger and feel fullness
* How to follow the ten principles of Intuitive Eating, step-by-step

How to achieve a new and safe relationship with food and, ultimately, your body. With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

**You Are What You Eat Cookbook**

Enamored with grace, Peter Leduc has a disposition for the more simple things in life. However, he has begun to embark on a rather tremendous undertaking. Is it truly a leap of faith?

**Eat Your Feelings**

How to Eat Your Feelings is about a food lover's journey through life, using cooking as a form of meditation.

**Nutrition in Clinical Practice**

55% OFF for Bookstores! Discounted Retail Price NOW at $9.86 instead of $21.90

An approachable guide to what to eat—as opposed to what to avoid—while pregnant and nursing, to support the mother's health and the baby's development during each stage of pregnancy. New research suggests that the foods you eat during pregnancy can have lasting effects on your baby's brain development and behavior, as well as your waistline. Drawing from the fields of medicine, nutrition, and psychology, this easy-to-follow guide, gives you a clear understanding of what your body really needs and how certain foods contribute to the development of a healthy and happy baby. Let's Buy Your Copy Now!

**Eat Your Vitamins**

*Page 10/11*
The new paperback edition of the acclaimed vegetable cookbook Eat Your Veg. This isn't a vegetarian cookbook. It's a way of life that celebrates vegetables and puts them at the centre of the plate. Eat More Veg presents a mix of classics, basics, simple food and show-off dishes that make the most of what's in season. Whether you receive organic food box deliveries, go to farmer's markets or raid what's on special offer at the supermarket, you'll be able to enjoy more veg, every day. With suggestions for your store cupboard and advice on what to eat when, and an incredible variety of vegetables and recipes, we've got all the inspiration you'll need - from beetroot soup with cumin and coriander to butternut ravioli with brown butter, and from gratin dauphinoise to asparagus salad with peas, broad beans and mint - all arranged by vegetable in an easy-to-use format.

**Walk in Faith, and Eat When You're Hungry:**

A trimester-by-trimester guide to what to eat--as opposed to what to avoid--while pregnant and nursing, to support the mother's health and the baby's development during each stage of pregnancy, with 50 recipes. Pregnancy has traditionally been viewed as a time when women can give in to their food cravings and not worry about their weight. But new research suggests that the foods women eat during pregnancy can have a lasting effect on the baby's brain development and behavior, as well as the mother's waistline. While many books tell women what not to eat, there are few guides that tell women what to eat while also considering that hormonal influences during pregnancy can make it difficult to stick to a healthy diet. More and more women enter pregnancy overweight, gain an unhealthy amount of weight while pregnant, then struggle to lose the "baby weight" after the baby is born. Drawing on the latest research from the fields of medicine, nutrition, and psychology, this guide gives moms-to-be a clear understanding of what their bodies really need and how those foods contribute to the development of healthy and happy babies.

**The Eat-Clean Diet Cookbook**

With the success of the Eat-Clean Diet came the demand for more recipes, and author Tosca Reno is not only a health and fitness expert, she's also an excellent cook. She's always loved cooking for friends and family, and her Clean-Eating lifestyle inspired her to create fabulous meals that everyone would love. Who better to write a cookbook that would make the whole family happy . . . both at the table and when they shop for clothes a few sizes smaller! Get: •150 beautiful food photographs • Delectable low-fat beef, pork, chicken and fish dinners • Protein-rich meat-free recipes • Gluten-free meals • Tips on eating clean in difficult situations • Timesaving one-dish meals for busy moms • Great recipes on the go • How to prepare an elegant clean-eating event.