



The 100 Healthiest Foods to Eat During Pregnancy: The Surprising Unbiased Truth about Foods You Should be Eating During Pregnancy but Probably Aren't

Jonny Bowden, Allison Tannis

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Eat the best foods for your baby's development!

Nutrition is never more critical than during pregnancy. What you choose to put on your plate affects you and your baby's health not just in utero but for years to come. However, many nutritional guidelines for pregnancy are complex, confusing, and offer an uninspiring list of things to eat for the next nine months.

Backed up by the latest nutritional research, this guide debunks pregnancy food myths and uncovers a number of surprising food choices that are superfoods for expectant mothers.

- Anchovies are a high-protein, naturally salty snack—a great food for avoiding feelings of nausea; and they contain high amounts of omega-3 fatty acids, which foster baby's brain development during the first trimester.
- Leeks are the vegetable equivalent of a super multivitamin-mineral tablet containing high amounts of vitamin A, vitamin C, and iron, plus fiber, B vitamins, and other minerals. Their mild, slightly sweet flavor makes them appealing if you're suffering from morning sickness.
- Cherries contain melatonin, an antioxidant hormone that promotes healthy sleep for you and stimulates cell growth in your growing baby.
- Celery is a healthy snack rich in silica, a mineral which tones and firms your skin—the perfect nutritional support for your stretching and expanding breasts and belly.

This one-of-a-kind nutrition reference guide is also packed with helpful quick-reference charts and sidebars, highlighting healthy (but no less delicious!) substitutes for commonly craved foods like ice cream and potato chips. You'll also discover the most up-to-date research regarding pregnancy dilemmas, such as how to get more omega-3s from fish in your diet while avoiding mercury. It's pregnancy nutrition made easy!

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