Eating For Two The Complete Guide To Nutrition During Pregnancy And Beyond


*A comprehensive and up to date review of the fieldprovides detailed and Thorough discussions of all the key topics in the study of eating disorders* Zafra Cooper, Department of Psychiatry, Oxford University

Lose Fat while Eating Delicious Food When losing weight, we all want to know that we can do so in a healthy way while also eating delicious food. You may want to lose ten pounds or a hundred, but either way, you don't want to give up eating your favorite food. You don't want to feel as if you are left out of the fun when spending time with your peers. But, more importantly, you want to know that your diet will actually work. Sadly, with the prevalence of diets out in the world, you likely struggle to know what will work without making you suffer to achieve your goals. Many people in the world end up choosing unhealthy diets with little to no scientific backing, frustrated because they don't know why nothing is working. This can make a person feel like a failure, even though they are trying their best. They may struggle to look in the mirror or have their picture taken, wanting to hide under bundles of clothes instead of enjoying the freedom of loving their body. But, the effects are not only emotional, but they are also physical. Due to weight gain, many people increased risks of the most common diseases, such as heart disease, type II diabetes, and even cancer. There is hope. While weight loss, nutrition, and health may seem overwhelming, through the healthy recipes in this book, you can achieve your goals one meal at a time. The Sirt diet is full of delicious and healthy superfoods known as sirtfoods that not only trigger weight loss but also boost health. You can enjoy chocolate, red wine, walnuts, green tea, coffee, and more, all while knowing that you are doing your body and mind a favor. In this book, you will learn the basic information you need to get started on your journey with the Sirt diet, along with over eighty recipes to help you along the way. With these recipes, you can effortlessly follow the Sirt diet without worry. In this book, you will find: The basic points you need to understand the Sirt diet Phases one and two and explained and from this points you need to make plans for both phase one and two, complete with recipes How to begin meal prepping The essential tools you need in your kitchen 16 Lunch and dinner entrees, such as BBQ Tempah Sandwiches and Parmesan Chicken and Kale Sauté 16 Side dishes recipes, such as Crunchy Peanut Thai Buckwheat Salad and Baked Beans Mole 14 Breakfast recipes, such as Gluten-Free Buckwheat Pancakes and Sweet Potato and Apple Breakfast Skillet 10 Snack recipes, such as Matcha Protein Bites and Edamame Guacamole 11 Beverage recipes, such as Green Juice and Muddled Wine 11 Sauce and dip recipes, such as Vegan Hollandaise Sauce and Sweet and Savory Cherry Compote 10 Dessert recipes, such as Fudgy Buckwheat Brownies and Quick Soft-Serve Cherry Sorbet And more. This book is fundamentally different. Instead of encouraging you to eat flavorless meals with little nutrition, you will be provided with recipes full of real and healthy ingredients. These recipes vary based on your needs, meaning that you can find something to cook, whether you only have fifteen minutes or an hour to prepare your meal. You will find yourself frequently coming back to the recipes in this cookbook on a day-to-day basis as you discover your favorite meals, snacks, and drinks. Don't let this opportunity to attain your goals, the body you have always wanted, and the healthy you crave, pass you by. Where do you want to see yourself a year from now? Wishing you hadn't missed out on an opportunity to lose weight, gain health, and enjoy delicious food? The choice is yours.
Online Library Eating For Two The Complete Guide To Nutrition During Pregnancy And Beyond

Foreword by Roy M. Pitkin, M.D. The definitive book on what to eat and what to avoid during pregnancy. Here is the most authoritative and readable guide available for pregnant women concerned with proper nutrition.

Free from animal products, full of flavor—plant-based recipes for beginners Choosing a plant based diet is good for your health, your wallet, and the environment. The Plant-Based Diet for Beginners has dozens of tasty whole-food recipes for people who want to switch from eating meat, dairy, and eggs, to eating vegetables, whole grains, and other plant based foods. Whether you want to switch from eating meat, dairy, and eggs, to eating vegetables, whole grains, and other plant based foods.

Collects recipes for a variety of main courses, snacks, desserts, and other foods designed to fill the nutritional needs of pregnant women. Whether your doctor encouraged you to eat a plant based diet or you're exploring a new way of eating, this cookbook has everything you need to get started. You'll find nutritional information for each recipe, a guide to eating a plant based diet even when you don't want to cook, tips for stocking your kitchen, and more. When it comes to your health and your taste buds, now you're cooking! This plant based diet book includes: 75 whole-food recipes—Try a variety of scrumptious dishes that are free from sugar, oil, and salt, like Hawaiian Luau Burgers, Easy Enchilada Bake, and Peanut Butter Nice Cream. Plant based recipes—Learn the perks of eating a plant based diet, including how it helps your health, the planet, and animal welfare. Beginner's resources—Discover plenty of helpful info for newbies—from a guide to cooking basics like grains and beans, to convenient shopping lists, a sample menu, and more. Take your health and well-being into your own hands with the power of a plant based diet—this guide and cookbook will show you how.

The bible of nutritional eating—now fully updated for the twenty-first century kitchen The average American's awareness of the relationship between diet and mental and physical well being has virtually exploded since The New Whole Foods Encyclopedia was first published in 1983. There has never been a greater selection of whole foods available at even a typical grocery store—but the choices can often be dizzying. This new edition shows consumers how to select, prepare, store, and use more than 1,000 familiar and unusual foods to maintain optimum health and heal what ails them. Readers of Michael Pollan and Eric Schlosser—as well as anyone concerned about the quality of the food they ingest—will make this the go-to resource on good nutrition. This updated edition of The New Whole Foods Encyclopedia includes:

- More than two hundred new entries
- A new index featuring home remedies
- Line drawings illustrating unusual foods
- Resources for hard-to-find foods
- A fully cross-referenced format with sidebar recipes throughout

"Eating Healthy, Eating Right" is a compilation of the two-week menu plans included in each of the eight First Place Bible studies. This resource can help readers achieve a healthy weight by providing them with a variety of delicious recipes and "serve-with" ideas that follow the Live-It food exchange plan. Additional information includes how to eat out, wise use of convenience foods, and descriptions of vitamins and minerals.

"Cut through the juice cleanses and paleo diets to bring back some common sense."—The New York Times Book Review Outsmart Your Impulses and Eat Better A Belgian chocolate cake topped with a velvety homemade mousse catches your eye on the menu. The next thing you know, you've ordered it—despite the hefty price. But do you know why? Through over 40 compelling questions, this book explores how our eating decisions tread the line between conscious and subconscious, and enables us to be more intelligent about food. With expert insights that draw from psychology, neuroscience, popular culture, and more, learn to see the innumerable influences behind your diet and cravings—from the size and color of your plate, to the placement of products in a supermarket, to the order in which you select foods—before you next sit down to dine!

Eating For Two with its Soft Matte Cover This Bucket List Journal Notebook is printed on high quality stock and sized at 6 by 9 in. with 90 pages. It's a perfect size for both travel and home use. The Book of Memory Journal will be a keepsake. Start today, make it happen. Included in your journal you will find the following: List all the bucket list items you want to accomplish List each bucket list item with what the item is why you want to accomplish how you plan on getting it done Complete your bucket list with details on date where you did it and with whom Plenty of room for notes and thoughts Room for memory photos and souvenirs At the end of your bucket list notebook you'll find Journal Pages for extensive notes on your journey Premium cream paper sized at 6 by 9 in with 90 pages Slow down and enjoy life, pause to write your thoughts Add this awesome journal to your cart today

Think all diets have to be boring and bland? Think again. With Try-It Diet: Whole-Grain, High-Fiber, you'll get a taste for the nutritional plan without having to give up great tasting food like Raspberry Almond Turnovers, Aocado Grapefruit Salad, and Penne Primavera. Now the information you need to start eating healthy and living fully is right at your fingertips. With two weeks worth of original menus complete with easy-to-follow recipes, you'll be able to stick to the plan without being stuck eating the same thing every day. Go ahead and give it a try!

? 55% OFF for Bookstores, only for a few days! Discounted Retail Price NOW! Sirtfood Diet The Complete Guide is what you Need to Lose Weight, Get Healthy and Increase your Energy! Collects recipes for a variety of main courses, snacks, desserts, and other foods designed to fill the nutritional needs of pregnant women

An extraordinary, powerful connection exists between feeling and feeding that, if damaged, may lead to one relying on food for emotional support, rather than seeking authentic happiness. This unique
workbook takes on the seven emotions that plague problem eaters — guilt, shame, helplessness, anxiety, disappointment, confusion, and loneliness — and shows readers how to embrace and learn from their feelings. Written with honesty and humor, the book explains how to identify and label a specific emotion, the function of that emotion, and why the emotion drives food and eating problems. Each chapter has two sets of exercises: experiential exercises that relate to emotions and eating, and questionnaires that provoke thinking about and understanding feelings and their purpose. Supplemental pages help readers identify emotions and chart emotional development. The final part of the workbook focuses on strategies for disconnecting feeling from food, discovering emotional triggers, and using one’s feelings to get what one wants out of life.

Eating for Two is the comprehensive guide to enjoying a healthy diet throughout the preconception, pregnancy and breast-feeding months. Amanda Grant explains precisely how much of each nutrient you need, why you need it and where to get it, and she reveals the foods you can and can’t eat before, during and after pregnancy. More than 40 quick and easy breakfast, lunch, supper and snack recipes offer a boost of nutrients required.

James Beard Award Winner (Vegetarian) IACP Award Winner (Healthy Eating) A sophisticated vegetarian cookbook with all the tools you need to be at home in your kitchen, cooking in the most nourishing and delicious ways—from the foundations of stocking a pantry and understanding your ingredients, to preparing elaborate seasonal feasts. Imagine you are in a bright, breezy kitchen. There are large bowls on the counter full of lush, colorful produce and a cake stand stacked with pretty whole-grain muffins. On the shelves live rows of glass jars containing grains, seeds, beans, nuts, and spices. You open the fridge and therein you find a bottle of fresh almond milk, cooked beans, soaking grains, dressings, ferments, and seasonal produce. This is Amy Chaplin’s kitchen. It is a heavenly place, and this book will make it your kitchen too. With her love of whole food and knowledge as a chef, Chaplin has written a book that will inspire you to eat well at every meal. Part One lays the foundation for stocking the pantry. This is not just a list of food and equipment; it’s real working information—how and why to use ingredients—and an arsenal of simple recipes for daily nourishment. AIso included throughout are tips on living a whole food lifestyle: planning weekly menus, why organic is important, composting, plastics vs. glass, drinking tea, doing a whole food cleanse, and much more. Part Two is a collection of recipes (most of which are naturally gluten-free) celebrating vegetarian cuisine in its brightest, whole, sophisticated form. Black rice breakfast pudding with coconut and banana? Yes, please. Beet tartlets with poppy seed crust and white bean fennel filling? I’ll take two. Fragrant eggplant curry with cardamom basmati rice, apricot chutney, and cucumber lime raita? Invite company. Roasted fig raspberry tart with toasted almond crust? There is always room for this kind of dessert. If you are an omnivore, you will delight in this book for its playful use of produce and know-how in balancing food groups. If you are a vegetarian, this book will become your best friend, always there for you when you’re on your own, and ready to lend a hand when you’re sharing food with family and friends. If you are a vegan, you can cook nearly every recipe in this book and feed your body well in the truest sense. This is whole food for everyone.

Take control of IBS with this ground-breaking diet plan The low-FODMAP diet is a medically proven approach to managing and relieving symptoms of irritable bowel syndrome (IBS). FODMAPs are fermentable carbohydrates that are difficult to digest and known to cause unpleasant gastrointestinal symptoms, such as bloating, excessive gas and stomach pain. Full of essential information, this easy-to-follow beginner's guide will help you understand and apply the diet with the support of your dietitian, and shows you how, by making simple changes to what you eat, you can alleviate symptoms of IBS and live life to the full again. Includes: A comprehensive table of foods to avoid A detailed explanation of the three-stage process of restriction, reintroduction and personalisation 75 delicious gut-friendly recipes


The new edition of the ADA’s flagship food and nutrition guide—updated based on the very latest Dietary Guidelines for Americans With over 200,000 copies sold in all editions, this award-winning resource from the world’s leading authority on food and nutrition is packed with the latest healthy eating advice for those at every age and stage of life. In this completely revised and updated new edition, you’ll find up-to-date, evidence-based, practical answers for your many food and nutrition questions. This cornerstone guide from the American Dietetic Association, written by nationally recognized food and nutrition expert and registered dietitian Roberta Duyff, covers the basics on nutrition, managing weight, and healthy eating. It also provides easy steps and how-tos for selecting, preparing, and storing foods safely to get the most nutrition and flavor for your dollar, and more. Comprehensive, accessible, and easy-to-use, this valuable reference shows how to make healthy food choices to fit any lifestyle. How to put the the very latest Dietary Guidelines for Americans on food choices and physical activity into action Latest guidance to prevent and manage today’s health concerns, such as heart disease, diabetes, cancer, food allergies, gluten intolerance, lactose intolerance, and many others Simple, practical tips and flexible food and nutrition skills that suit your needs and lifestyle with ways to apply advice from USDA’s MyPlate Advice for healthy nutrition, eating, and cooking across the lifespan Covers vegetarian eating, healthy restaurant options, culinary nutrition and skills, healthy weight, nutrition supplements, and more Interactive self-checks and websites to help you assess your own food choices and take steps to healthy eating
Eating For Two: The Complete Guide To Nutrition During Pregnancy And Beyond

Healthy Cookbook for Two offers more than 175 fast and delicious recipes utilizing fresh, affordable ingredients that are tailored specifically for your two-person household. Covering everything from quick yet satisfying weeknight dinners to hearty Sunday brunches to guilt-free desserts, Healthy Cookbook for Two is the go-to cookbook for duos looking to prepare nourishing meals any day of the week. The book also provides a comprehensive shopping list with sample weekly meal plans. Healthy, home-cooked meals have never been easier to plan, create and enjoy with your partner.

These two superb books offer the complete guide to wholefood vegetarian cookery. Together they feature over 300 recipes, from hearty soups and nutritious weekday meals to a tempting selection of dishes for special occasions. The Practical Encyclopedia of Wholefoods contains ideas for using fruit, vegetables, beans, pasta, grains, dairy produce and non-dairy substitutes, and The Complete Vegetarian Cookbook explores vegetarian cuisine further. In both titles, step-by-step photographic sequences help you to achieve perfect results. With informative text and mouthwatering dishes, this is an essential boxed set for every vegetarian cook.

All the advice and information you need for eating healthfully during pregnancy and in the early months of your new baby’s life. You’ve spent your whole life trying to eat right— and it’s never mattered more than it does now. Every mom-to-be wants to know how to manage nutritional needs, cravings, and vitamin supplements to create a safe and balanced diet for herself and her baby. Now, for the first time, child nutrition authority Annabel Karmel brings her knowledge and expertise to expectant mothers, guiding you through each stage of your pregnancy, and offering practical tips and advice on what to eat and what to avoid. From foods that promote conception and ways to avoid morning sickness, to the best eating habits to combat sleeplessness, amnesia, and heartburn. Annabel leads you through your pregnancy and beyond— even suggesting meals to make ahead and freeze for when your little one arrives! With Annabel’s specialized advice and more than ninety simple, fabulous recipes, Eating for Two will give you the tools and confidence you need to eat the best possible diet for you and your growing baby.

Make any recipe vegan or vegetarian to suit your preference. Plant-based cooking means different things to different people. We all come to plant-based eating with different goals in mind. ATK’s diverse, modern guide offers foolproof recipes for every occasion that you can tailor to suit your own needs, choosing whether to make any dish vegan or vegetarian. From building a plant-centric plate to cooking with plant-based meat and dairy, you’ll find everything you need here to create varied, satisfying meals. The 500-plus recipes are vegan but flexible. You can choose whether to make the Ranchers with Avocado toast with tofu or eggs, the Farro Salad with Cucumber, Yogurt, and Mint with plant-based or dairy yogurt, the Vegetable Fried Rice with Broccoli and Shiitake Mushrooms with or without eggs, and the No-Bake Cherry-Almond Crisp using coconut oil or butter. ATK’s plant-based eating strategy is easy, budget-friendly, and inclusive—cuisines around the world are rich with boldly flavored, naturally vegan dishes. Drawing inspiration from them, these recipes showcase produce, beans and grains, and vegan (and vegetarian) protein sources. The Complete Plant-Based Cookbook is packed with ingenious tips for cooking with plant-forward ingredients and also showcases ATK’s practical techniques. Rethink how you use vegetables (blend leeks into a silky pasta sauce, use beets to transform a burger from the “vegan option” into the best option); discover how to boost umami flavor using tomato paste, dried mushrooms, and miso; and more. A thorough opening section delves into the details of modern plant-based eating, addressing shopping and storage strategies, the plethora of plant-based meat and dairy options, and how to meet nutritional needs.

A comprehensive guide to junk food extols the virtues of Captain Crunch cereal, M&Ms of various colors, chocolate in every shape and size, soft drinks, cola wars, coffee, donuts, and chewing gum

Best-selling vegetarian cookbook destined to become a classic. Everyone knows they should eat more vegetables and grains, but that prospect can be intimidating with recipes that are often too complicated for everyday meals or lacking in fresh appeal or flavor. For the first time ever, the test kitchen has devoted its considerable resources to creating a vegetarian cookbook for the way we want to eat today. The Complete Vegetarian Cookbook is a wide-ranging collection of boldly flavorful vegetarian recipes covering hearty vegetable mains, rice and grains, beans and soy as well as soups, appetizers, snacks, and salads. More than 300 recipes are fast (start to finish in 45 minutes or less), 500 are gluten-free, and 250 are vegan and are all highlighted with icons on the pages. The book contains stunning color photography throughout that shows the appeal of these veggie-packed dishes. In addition, almost 500 color photos illustrate vegetable prep and tricky techniques as well as key steps within recipes.

Discusses the nutritional value of commercial pet foods and recommends drug-free treatments for common diseases

With Keto For One, get 100 delicious dishes for every meal of the day— perfectly proportioned and macro-balanced. Single-serve cooking is one of the biggest challenges when trying to adhere to an eating plan. Most recipes are portioned for 4–6 servings, which means you’ll be eating the same thing for a week or trying to adjust recipes and struggling to figure out proper cooking times and fractions of measurements. With keto, you also have the additional challenge of balancing your macronutrients— a few too many carbs or not enough fat and your recipe is no longer in the ketogenic zone. No more fussing with recipes. No more eating leftovers. No more wasted food (or money!). No more cobbling together snacks and calling it a meal. No more temptation to give into carb-laden, nutrient-void, single-serving convenience foods. Just delicious recipes from “low-carb queen” and bestselling author Dana Carpender. Enjoy delicious keto burgers and smoothies, as well as quick skillet stir-fries and plenty of tasty meals that can be pulled together quickly or ahead of time.

The 5 2 Diet is a proven way to lose weight easily. Also known as “Intermittent Fasting,” the revolutionary 5 2 Diet allows you to lose weight by eating reduced calorie meals just two days out of the week. Eat...
the foods that you want five days out of the week, and follow an easy fasting regime for two days, and you'll lose weight quicker than ever before! It's as simple as that! The 5:2 Fast Diet for Beginners is a comprehensive resource for beginning a successful fasting diet. Get started right away with: * 10 easy tips for starting a successful 5:2 Diet * Step-by-step meal plans for every day of the week * Simple, healthy recipes for your fasting days, including Curried Chicken Wraps and Penne Pasta with Vegetables * Satisfying and delicious recipes for your non-fasting days, like Mustard Maple-Glazed Salmon and Chicken Breast with Summer Veggies * Detailed guide on how to use the 5:2 Diet to reach your long-term weight loss goals

A cookbook and nutrition guide for contemporary mothers-to-be shares more than 120 recipes accompanied by nutritional breakdowns and meal-planning tips.

Enjoy your meals—and lose weight! People who want to lose weight are faced with a dizzying array of options: low-fat, low-carb, gluten-free the list is endless. But the truth behind them all is that the only real way to lose weight is to burn more calories than you take in. Those who have rediscovered calorie counting want calorie-controlled options that take the guesswork out of dieting. But they also want food they can enjoy and feel good about. And for many, that means going light on the artificial sweeteners. The Complete Idiot's Guide to 200-300-400 Calorie Meals helps readers put together a meal plan that keeps them to their calorie goals and helps them lose weight safely—and keep it off. This book features: A system for calculating a calorie budget based on current weight, activity levels, and weight-loss goals. How to keep track of calories consumed and estimate calorie content of meals on the go. Two weeks of meal plans for various calorie-budget levels. Eating schedules to keep people feeling full and satisfied between meals. Recipes for 200-400 calorie meals that taste great. Recipes for 200-calorie snacks and light meals to satisfy hunger without blowing the diet. Ways to satisfy a sweet tooth without overloading on artificial sweeteners, which often make people crave more sugar.

The new mom’s most trusted resource—now revised and updated to include the latest in nutrition and dietary concerns This hands-on guide provides mothers with expert advice on losing weight and eating well, so you can feel good about your decision to nurse. Registered dietitian, professional nutritionist, and mother of two Eileen Behan shows you how to shed pounds safely and naturally while nourishing a happy, healthy baby. Learn what and how much to eat, what foods to avoid, the best exercises, plus ways to keep the pounds off after you stop breastfeeding. Get the latest on: • vitamin and mineral recommendations from the frontlines of nutrition research • The Glycemic Index—what it is and what it means to breastfeeding women • fish safety—what you need to know about toxin levels to protect you and your baby • low-carb diets—good or bad for breastfeeding moms? • calcium—does it speed up weight loss? • whole grains—the best ways to integrate this ultimate energy food into your diet • nitrates—avoiding nitrates in your diet • childhood obesity—how to prevent harmful eating habits, from breastfeeding through toddler years • sugar substitutes— which ones are best? PLUS—All new slow-cooker recipes, more Web-based resources, and a breakthrough eating plan that allows mothers to eat well, lose weight naturally, and have a happy nursing experience.

Going Pegan—it's good for you and good for the planet. Do you love healthy dishes that feature organic whole foods? Looking to drop pounds and feel better while still loving mealtime? Then The Complete Pegan Diet for Beginners is the perfect introduction to a new way of eating. Ditch the refined and processed ingredients and reawaken your taste buds to the vibrant flavors of fresh foods that will satisfy your hunger and leave you feeling more energized. This total guide to Pegan dining makes it easy with a collection of great-tasting recipes, plus a handy meal plan to make sure you're starting out on the right path.

The Complete Pegan Diet for Beginners includes: Pegan diet 101—Get the lowdown on this delicious diet focused around plant-based meals—with a side of sustainably sourced eggs, fish, or meat. Starting made simple—A 14-day Pegan diet jumpstart plan lets you dive right into a healthier lifestyle that will curb your cravings, regulate your appetite, and help you start losing weight. 50 tasty recipes—Discover dishes for every meal, including naturally sweet desserts and snacks to satisfy late afternoon hunger pangs. Eating for a better you and a better world—The Complete Pegan Diet for Beginners shows you how.

A complete, beginner-friendly clean eating cookbook with 200 delicious recipes and 3 easy meal plans Clean eating isn’t about abiding by a strict set of rules—it’s about incorporating more real food into your diet and establishing healthy habits that help you look and feel your best. Whether your goal is to lose weight, address a health concern, or simply take better care of yourself, this clean eating cookbook, packed with 200 tasty recipes and three, two-week meal plans, will help you easily transition to a healthier lifestyle. Explore simple, step-by-step recipes—like Loaded Avoacado Toast, Five-Ingredient Veggie Lasagna, and Pesto Chicken Alfredo with Spaghetti Squash—that use affordable, everyday ingredients and don’t require a lot of time in the kitchen. Get nutritional information with each recipe so you can ensure you're eating clean, balanced meals for breakfast, lunch, snacktime, and dinner. This clean eating cookbook includes: Clean eating basics—Learn more about the benefits of a healthier diet, recommended foods and foods to moderate, core clean eating principles and nutritional guidelines, how to stock your kitchen, and more. Weekly meal prep—Discover three, two-week meal plans that offer helpful suggestions for preparing meals in advance to save you time on weeknights, plus grocery shopping lists conveniently organized by aisle. Recipe labels and tips—Find time-saving labels for quick-prep recipes, dishes you can make in 30 minutes or less, and 5-ingredient meals, plus variation tips for changing up the flavors of the recipes. Make the switch to a healthier lifestyle with the essential information, beginner meal plans, and fresh recipes in this clean eating cookbook.

Leanne Vogel, the voice behind the highly acclaimed website Healthful Pursuit, brings an entirely new approach to achieving health, healing, weight loss, and happiness through a keto-adapted lifestyle with The Keto Diet: The Complete Guide to a High-Fat Diet. For too long we've blamed dietary fat for weight gain and health problems. The truth is, a diet that's high in natural, healthy fats can actually help your body burn fat! That's the secret behind the ketogenic diet. As you get more of your calories from healthy fats and cut back on carbs, you'll start burning fat, losing weight, and feeling strong and energetic—without feeling hungry or deprived. The Keto Diet does away with the “one size fits all” philosophy offering a customizable approach that is tailored to the unique needs of the individual.
Eat well— for two! "Once again, What to Expect Delivers! Heidi’s go-to guide takes the guesswork out of feeding yourself and your baby, serving up a healthy and realistic plan to fit every lifestyle and eating style. It’s eating for two made easy, fun... and delicious."—Joy Bauer, M.S., R.D., CDN, best-selling author, host of NBC’s Health and Happiness, and nutrition expert for the Today show

This brand new edition of America’s pregnancy food bible covers it all through those nine months of baby-making and beyond: the latest facts on superfoods, food trends, food safety. Foods to chew down on, foods (and drinks) to limit, and those to cut out altogether. Realistic, body-positive advice and savvy strategies on how to eat well when you’re too green to come face-to-fork with broccoli. Or too bloated to eat at all. Or on the run.

Whether you’re a red-meat eater or a vegan, a carb craver or a gluten-free girl, a fast-foodie or a slow cooker. Whether you’re hungry for nutritional facts (which vitamins and minerals the pregnant body needs and where to find them), or just plain hungry. Plus, how to put it all together, easily and tastily, with dozens of practical tips and 170 recipes that are as delicious as they are nutritious, as easy to love as they are to make. Answers to all questions: Do I have to skip my morning latte— or afternoon energy drink? I’m too sick to look at a salad, never mind eat one— do I have to? How do I get enough calcium if I’m lactose intolerant? Help! I’m entering my second trimester, and I’m losing weight, not gaining. What can I do? I’ve never been a big water drinker, and now I’m supposed to down 10 8-ounce glasses a day! How? Turns out it’s twins— do I have to eat twice as much?

Think all diets have to be boring and bland? Think again. With Try-It Diet: Whole-Grain, High-Fiber, you’ll get a taste for the nutritional plan without having to give up great tasting food like Raspberry Almond Turnovers, AvoMango Grapefruit Salad, and Penne Primavera. Now the information you need to start eating healthy and living fully is right at your fingertips. And with two weeks worth of original menus complete with easy-to-follow recipes, you’ll be able to stick to the plan without being stuck eating the same thing every day. Go ahead and give it a try!

130 Slow Cooker Recipes to Help You Get a Quick Start on Clean Eating Whether you’re looking to slim down, gain energy, save money, or just feel healthier— there are numerous benefits to following a clean eating lifestyle. And despite what you might think, beginning a clean eating diet can be easy and hassle-free! With the help of your trusty slow cooker! If there’s one thing that slow cooking expert Linda Larsen knows about (other than slow cooking, that is) it’s clean eating. A lifelong lover of all things sugary and sweet, Linda never expected that she would one day make the transition to clean eating. And she certainly didn’t expect that clean eating would not only be deliciously satisfying, but surprisingly easy as well. In The Clean Eating Slow Cooker, Linda combines her two great loves and shares with you how simple it is to cook clean, whole-food meals at home. With The Clean Eating Slow Cooker you’ll enjoy: 130 clean eating recipes that take no more than 20 minutes to prepare and include complete nutrition information. An easy-to-follow 3-week meal plan for weeknight clean eating dinners. A comprehensive guide to clean eating specifically for slow cookers, including the best ways to preserve nutrients and the best clean ingredients for slow cooking. Modified recipe callouts that offer compatibility with nut-free, vegan, vegetarian, and gluten-free diets. Realistic, body-positive advice and savvy strategies on how to eat well when you’re too green to come face-to-fork with broccoli. Or too bloated to eat at all. Or on the run. Whether you’re a red-meat eater or a vegan, a carb craver or a gluten-free girl, a fast-foodie or a slow cooker. Whether you’re hungry for nutritional facts (which vitamins and minerals the pregnant body needs and where to find them), or just plain hungry. Plus, how to put it all together, easily and tastily, with dozens of practical tips and 170 recipes that are as delicious as they are nutritious, as easy to love as they are to make. Answers to all questions: Do I have to skip my morning latte— or afternoon energy drink? I’m too sick to look at a salad, never mind eat one— do I have to? How do I get enough calcium if I’m lactose intolerant? Help! I’m entering my second trimester, and I’m losing weight, not gaining. What can I do? I’ve never been a big water drinker, and now I’m supposed to down 10 8-ounce glasses a day! How? Turns out it’s twins— do I have to eat twice as much?

Think all diets have to be boring and bland? Think again. With Try-It Diet: Raw Food, you’ll get a taste for the nutritional plan without having to give up great tasting food like Blueberry Muffins, Shepherd’s Pie with Mashed Taters, and Coconut Wraps. Now the information you need to start eating healthy and living fully is right at your fingertips. And with two weeks worth of original menus complete with easy-to-follow recipes, you’ll be able to stick to the plan without being stuck eating the same thing every day. Go ahead and give it a try!