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**Tara Gidus, MS, RD**

*Nutrition advisor for American Baby magazine*



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**by Tara Gidus, MS, RD**



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# *About the Author*

**Tara Gidus** is a registered dietitian (RD) and recognized expert in nutrition and health promotion. She appears biweekly as the “Diet Diva” on the national morning television show *The Daily Buzz*. Tara is also the Healthy Eating Expert and blogger on [www.healthline.com](http://www.healthline.com) and the nutrition advisor for *American Baby* magazine.

Along with being an expert in pregnancy nutrition, Tara specializes in performance nutrition for athletes and busy professionals, teaching them how to eat right to excel in their careers. She’s the team dietitian for the NBA’s Orlando Magic and a sports nutrition consultant to the athletes at the University of Central Florida.

As a past spokesperson for the American Dietetic Association, Tara acts as a resource for the media. Her expert quotes appear frequently in various newspapers, websites, and magazines and on television and radio. Tara owns her own nutrition consulting business in which she’s a speaker, spokesperson, writer, and consultant.

Tara earned a bachelor’s degree with a double major in dietetics and nutrition, fitness, and health and a master’s degree in health promotion from Purdue University. She’s a Board Certified Specialist in Sports Dietetics (CSSD).

Tara is wife to husband, Stephen, and mother to two boys, Basil and Levi. She loves to run, cook nutritious meals for her family, and eat her daily dose of chocolate. She lives in sunny Florida.

# *Dedication*

This book is dedicated to every pregnant woman who strives to fill her body with nutritious food to provide the gift of good health to her child.

# *Author's Acknowledgments*

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# Introduction

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**I**f you're reading this book, I'm guessing you or someone you love is either pregnant or thinking about becoming pregnant. Either way, congratulations! Having children is one of the greatest joys (and challenges) in life. I applaud you for taking an interest in how and what you eat during pregnancy so that you can keep yourself healthy and, of course, deliver a bouncing, beautiful baby boy or girl.

While pregnancy is certainly a joyous time, it can also be a time full of stress and anxiety as you constantly wonder if you're doing everything right. Your diet may be one of the areas you're confused and panicked about. Never fear! You've now got a resource to help guide you through the ins and outs of pregnancy nutrition — from what food to buy to how to prepare and enjoy it.

My goal in writing this book is to present the scientifically factual information you need to know about pregnancy nutrition in a way that doesn't add any more stress to your life. I explain which foods to avoid and which ones to get plenty of so that both you and your baby get all the nutrients you need for healthy growth. As a bonus, I include six whole chapters of new recipes that will nourish your growing belly, and I explain what you need to consider as far as postpartum nutrition goes.

## *About This Book*

I wrote this book because as a registered dietitian who recently went through two pregnancies, I know what it's like to have lots of questions when you first become pregnant. I too wondered what can I eat, what can't I eat, and what can I do if I'm nauseous, constipated, or just plain tired? I've since discovered the answers, and it's my pleasure to share them with you. In fact, I hope this book helps you feel better about your food and beverage choices and puts your mind at ease regarding pregnancy nutrition.

In addition to nutrition advice, I also include advice on how to eat while pregnant, pointers on safe food preparation, and 100 delicious recipes for you to try out. After all, eating during your pregnancy should be an enjoyable experience.

In typical *For Dummies* style, all this information is organized in a way that allows you to pick up the book and head to the topic that interests you in that moment. You don't have to start at the beginning or go through the chapters in chronological order. Feel free to visit a chapter, or even sections of a chapter, as the subjects interest you or apply to you at various times in your pregnancy.

## Conventions Used in This Book

I use the following conventions throughout the book to make things consistent and easy to understand:

- ✔ **Monofont** indicates web addresses.
- ✔ *Italics* draw your attention to new terms that I'm defining. They also occasionally indicate words I want to emphasize.
- ✔ **Boldface** tells you you're looking at the keywords in bulleted lists and the action parts of numbered steps.

When you're reading through this book's recipes, keep in mind the following guidelines:

- ✔ Milk is lowfat or fat-free.
- ✔ All milk, cheese, juice, and honey are pasteurized.
- ✔ Butter is unsalted unless otherwise specified. Margarine isn't a suitable substitute for butter unless I state you can use either one.
- ✔ Eggs are large.
- ✔ All olive oil is extra-virgin.
- ✔ All lemon or lime juice can be either fresh squeezed or from a bottle unless otherwise specified. (If you go the fresh-squeezed route, just be sure to wash the outside of the lemon or lime before you cut into it.)
- ✔ Powdered sugar refers to confectioner's sugar.
- ✔ Salt refers to regular table salt unless otherwise noted.
- ✔ Pepper is freshly ground black pepper unless otherwise specified.
- ✔ Onions are yellow unless otherwise specified.
- ✔ Flour is all-purpose unless otherwise specified.
- ✔ Sugar is granulated unless otherwise specified.
- ✔ All herbs are fresh unless dried herbs are specified.
- ✔ All temperatures are Fahrenheit. (If you prefer working in the metric system, see the Appendix for help with converting temperatures to Celsius.)



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Last but not least, when referring to your baby throughout the book, I take turns with gender, alternating between he or she and him or her.

## *What You're Not to Read*

Although I think absolutely every word in this book is worth reading, I realize that you may not have the time or energy to read it from cover to cover. To help you focus on the most important parts, I highlight the interesting but unessential info so that you can quickly skip over it:

- ✓ When you see text in a shaded box, you know it's a sidebar. Sidebar information is good to know and usually quite interesting, but it's not necessary to your understanding of the topic at hand.
- ✓ When you see a Technical Stuff icon, you know that I've delved a bit deeper into a subject and provided some information that you can live without — although you may be less likely to win trivia contests in the future if you don't read it! If you have the time and interest, dig in; if not, move on.

## *Foolish Assumptions*

Call me crazy, but I assume that most people reading this book are pregnant. In particular, I assume that you're pregnant with your first child and are feeling slightly overwhelmed with all the information out there about what you can and can't eat. That's why I talk directly to the pregnant woman throughout the book. If you're a partner or loved one of a pregnant woman and you're reading this book, please pass the information along to the momma-to-be.

Because this book also includes 100 very tasty recipes, I also assume you know a thing or two about cooking — as in you've at least boiled water and used a mixer in your somewhat recent past.

## *How This Book Is Organized*

This book contains five parts, and each part contains several chapters. I give you a rundown of what these parts cover in the following sections. Whenever I mention information that I discuss elsewhere in the book, I refer you to that particular chapter so you know where to go if you're interested in that topic.

## ***Part I: In the Beginning: Growing a Baby Bump***

If you happen to be doing your homework on pregnancy nutrition before getting pregnant, then this is the part for you. It includes a chapter with advice that will prepare you to start growing your very own baby bump.

If you're already pregnant, then get ready to find out more about every one of the nutrients that are critical to your baby's development, from folate and fat to calcium and carbs. I also warn you about foods and beverages that can potentially cause harm to you or your baby so you can avoid or limit them in your diet. And because pregnancy comes with some obvious side effects (hello, weight gain!) and some potentially embarrassing ones (think vomiting and gas), I guide you in gaining the proper amount of weight and explain how to manipulate your diet to overcome nausea, gas, and the other unmentionables of pregnancy.

## ***Part II: Eating Right for Pregnancy***

As you discover in this part, you basically have to develop a whole new eating routine when you become pregnant; that routine revolves around eating small amounts frequently. Also when you're pregnant, deciding what to eat takes a bit more thought. That's why this part also explains how to make good-for-baby (and you) choices while dining out, how to make smart grocery shopping decisions, and how to prepare your kitchen for optimal food safety. This part finishes up by providing you with some sample meal plans to follow for the various stages of your pregnancy.

## ***Part III: Cooking for Pregnancy***

Whatever your taste preferences are, at least a few of the 100 recipes in this part have to appeal to you. Here you find a wide array of breakfast meals, appetizers, salads, main dishes, vegetarian dishes, and desserts. Each recipe contains at least one ingredient that has special nutritional value for you during your pregnancy.

Whichever recipe you choose to make, I recommend that you read it in its entirety before getting started. Then gather your ingredients and follow the directions carefully for the best possible outcome.

## *Part IV: What You May Not Be Thinking about but Should*

Every pregnancy is different because every woman brings with her a unique set of genetics and lifestyle habits. Of course you want to have a relatively normal pregnancy, but just in case certain medical complications, like gestational diabetes or high blood pressure, do crop up, I dedicate a chapter in this part to how to adjust your diet to manage these issues. I also cover how to deal with food allergies you may have and how to prevent them in your baby.

While you may not be thinking of it yet, I can almost guarantee that at some point you'll start considering what life will be like after your baby is born. So in this part, I also clue you into post-delivery nutrition and your options for feeding your little one. And just in case you're wondering how you're going to get back in shape after delivery, I offer some advice at the end of this part on how to do just that.

## *Part V: The Part of Tens*

If you're a regular *For Dummies* reader, you know that every *For Dummies* book features a Part of Tens that includes short lists of tidbits that are helpful for you to know about the subject in question. This book is no different. In this part, you find a list of ten nutrient-rich foods to eat during pregnancy and ten simple yet effective ways to lose lingering "baby weight" after you deliver. I also throw in an appendix of metric conversions in case you prefer cooking with milliliters rather than cups.

## *Icons Used in This Book*

To make this book easier to use, I include some icons that can help you find and grasp key information quickly. Here's what those icons look like and what they mean:



This icon is pretty self-explanatory. When you see it, be sure to follow up with your doctor for his or her expert opinion on the information in question.



This icon represents some of the most important information in the book. You may even want to read it a few times so that it really takes hold (especially if you have "pregnancy brain" and have a difficult time keeping things straight).



The tidbits marked by this icon may be really interesting (at least, to me), but you don't have to read them word for word to grasp the main concepts at hand. In fact, feel free to skip over paragraphs flagged with this icon.



I'm all for saving a pregnant woman's time and making things easier for her, so know that you're in for some great tips that achieve just that every time you see this bull's-eye.



Watch out for any paragraphs bearing this ticking time bomb. Paying attention to the information they contain can help keep you and your baby safe.

## *Where to Go from Here*

Where you go from here is completely up to you and your needs. If you're not pregnant yet and you want to know how to eat to best prepare your body for pregnancy, start with Chapter 2. If morning sickness is getting you down, check out the tips in Chapter 6 for how to deal with this unpleasant side effect of pregnancy. If you're craving some dessert, turn to Chapter 16, which features some amazing recipes that are sure to satisfy any sweet tooth. You get the idea.

Wherever you decide to begin, my hope is that you enjoy eating all throughout your pregnancy. Focus on nourishing your body with nutritious foods while at the same time taking advantage of being able to eat a few extra calories!

# Part I

## In the Beginning: Growing a Baby Bump

The 5<sup>th</sup> Wave

By Rich Tennant



"They're energy bars for pregnant women. What flavor do you want, Chocolate Potato Chip, Ketchup & Pickles, or Sardine Blast?"

## *In this part . . .*

**E**ven starting with preconception, what you eat can have an impact on everything from your fertility to the development of your baby's vital organs. Certain foods, like those containing alcohol, caffeine at certain levels, or harmful bacteria, can hinder growth. The good news is that many of the nutritious foods you eat have a direct role in forming your baby's organs and systems as your belly grows.

In this part, you discover how to prepare your body for Baby. If you've already conceived, you can dive right into the information on which foods provide critical nutrients for you and your baby and the truth about how many calories it takes to gain the right amount of weight during each trimester of pregnancy. This part also tells you which foods and beverages to steer clear of, how to gain your pregnancy pounds the healthy way, and how to overcome some of the embarrassing side effects that can come along with pregnancy simply by modifying your dietary habits.