



What to Expect: Eating Well When You're Expecting

Heidi Murkoff, Sharon Mazel

[Download now](#)

[Read Online](#) 

What to Expect: Eating Well When You're Expecting

Heidi Murkoff , Sharon Mazel

What to Expect: Eating Well When You're Expecting Heidi Murkoff , Sharon Mazel

Eating Well When You're Expecting provides moms-to-be with a realistic approach to navigating healthily and deliciously through the nine months of pregnancy—at home, in the office, over the holidays, 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, very exciting, the book comes with 150 contemporary, tasty, and healthy recipes that feed mom and baby well, take little time to prepare, and are gentle on queasy tummies.

Eating Well comes with a light, reader-friendly tone while delivering the most up-to-date information. 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? Help!—I'm entering my second trimester, and I'm losing weight, not gaining. 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?* Guess what: The answer is yes.

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

Date : Published May 2nd 2005 by Workman Publishing Company (first published 1986)

ISBN : 9780761133261

Author : Heidi Murkoff , Sharon Mazel

Format : Paperback 470 pages

Genre : Parenting, Nonfiction, Health

 [Download What to Expect: Eating Well When You're Expecting ...pdf](#)

 [Read Online What to Expect: Eating Well When You're Expectin ...pdf](#)

Download and Read Free Online What to Expect: Eating Well When You're Expecting Heidi Murkoff , Sharon Mazel

From Reader Review What to Expect: Eating Well When You're Expecting for online ebook

Judy says

I'll be honest, a lot of what is in this book is completely unrealistic. Of course every mother strives to eat well while pregnant, but unless you're eating fast food every day, this is sort of useless. I love cooking, and I cook at home almost every night. We eat a healthy mix of grains, fiber, fruits, veggies, and starches, and I know my health is not lacking. There are some interesting recipes in here that are probably worth trying, but I just don't see a need to load everything with flax seed!

Mason.alice says

This book had some great information in it that has influenced my diet for the better during my pregnancy. However, the diet recommended in the book is WAY too strict. It's pretty much deemed as evil if you touch your lips to any refined grains or processed sugar. Some of the recipes are pretty good. Not a book to read if you don't want to feel guilty about having a doughnut or ice cream every once in a while during pregnancy.

Marie says

This was a really dense book- waaaaay more than just a cookbook. The first two thirds of the book is tons of nutritional advice for eating during pregnancy and postpartum. There's advice for how much to eat of different "super foods," and charts that you can duplicate to track your own eating. It felt overwhelming to me, personally. Especially during the first trimester, when I was so sick. It kinda became a survival thing for me.... if egg sandwiches were all I could stomach, I ate egg sandwiches three times a day. (I did that a couple of times. And tons of pretzels. And no kale.) But if you have the time to track what you eat, this book would be super helpful. It's laid out in a common sense way, with an index and appendices that make navigating easy. And there was also advice for the gluten intolerant and vegetarian/vegan expectant moms! It's hard to say whether I'd recommend this. It's just not for everyone. I did try some of the recipes included in the book, and have reviewed them below.

Recipes I Tried:

Lemon Carrots with Rosemary: Recipe worked as written, for the most part (had to cook the carrots a little longer than stated, but not bad), but it just wasn't to our tastes.

That's Italian Green Beans: I found this dish to be too watery. Not a fan of soggy green beans.?

Turkey Bolognese Sauce: Meh. VERY chunky. Hubby thought it was ok; I wasn't a fan. (And that's really saying something- I'm a very adventurous eater.)

Whole Wheat Penne With Chicken and Skillet Tomato Sauce: Good. Not the simplest dish to make (involves chopping multiple vegetables), but not so labor-intensive I wouldn't make it again. Tastes good, too.

Alotta Broccoli With Chicken and Penne: Kind of bland, but I "punched it up" by adding some extra grated Parmesan. It is also true to it's name: it has a LOT of broccoli in the original recipe. I decreased the amount of broccoli and increased the amount of chicken. I love broccoli, but I'm nursing now and if I eat too many dark green veggies Little One gets gassy.

Quinoa Pearls with Wild Mushrooms: I thought this one was delicious; the hubby did not. Turns out he's not into the texture of quinoa. His opinion didn't change when I told him how good quinoa was for him. But it was actually easy to make, but looked "fancy." I like that. Keeping this recipe in my back pocket for entertaining or pot lucks!

Spicy Mushroom Rice: I thought this one was fantastic too; the hubby said it was "ok." I'm definitely adding it to our regular rotation of recipes because I thought I thought it was so yummy and because it was super easy.

Jennifer says

NOTE: This review is done from the perspective of a vegan. So some criticisms of the book might not apply to the average omnivore.

This was a book I found at my local library book sale. For a buck, why the hell not? I clearly knew it wouldn't be vegan but I figured I could apply the information towards a vegan diet. The book was longer than it really needed to be, and it seemed like there was a lot of repeat information. Don't eat too much, but more importantly don't eat too little. The author stresses the role of calcium, which is important but she recommends a dairy overload. I was a little pissed by all her dairy suggestions (aside from my personal opinion that dairy is more cruel than meat) is that she completely ignores the fact that most plant based milks contains just as much calcium as cows milk, many contain more. In her defense that wasn't the case 10 years ago (which I specifically remember.)

What I found more confusing was her system of tracking nutrition. She stressed the following nutrients: calcium, protein, iron, betacarotene, vitamin d, vitamin b12, and vitamin-c. So to keep track she suggests tracking the servings of food for several different categories: 3 protein, 4 calcium, 3 vitamin c, 3-4 green leafy and yellow fruits/vegetables, 1-2 other vegetables, 6+ whole grains and legumes, iron rich foods (no specified servings), 4 fat/high fat foods. Confused already? I get what the author is doing, dividing fruits and veggies up by how nutritionally dense they are. Plus many of these servings will overlap, for example 1 cup cooked collard greens falls under green leafy veggies, vitamin c, and calcium. Many of the whole grains and legumes also count as half a protein serving. The book gives examples or serving sizes for qualifying foods but since the vegan foods tend to overlap it is kind-of hard to keep track of it all. I personally find it easier to just track the calories on Cronometer, but I know that isn't always a possibility for people.

Then there are other tips, like how to eat healthy in unhealthy situations, which many vegans already know since they have to know how to eat in non-vegan situations. There is a chapter of foods to avoid, which again mostly doesn't involve vegans since 90% of the off limit foods are cheese and meats of some sort.

So what are the good parts of the book? Well it was very reassuring to see that healthy eating when pregnant is pretty much the same as eating healthy in general. Yes there are some larger requirements such as iron and calcium. The book also goes over information about eating after giving birth, giving really interesting information about breastfeeding. I was surprised to find out that you need more calories to breastfeed than

when you are pregnant!

This is a book I have no plans to keep. It is going to be donated right back to the library. It isn't totally useless. The book does some reassuring that a vegan/vegetarian diet is obtainable, which is good. But I don't like how it recommends 3 servings of protein when most of the whole grains are half a serving, so in theory getting 6 whole grain servings would fill the 3 protein serving requirements. Okay it doesn't work out perfectly that way but I get a little annoyed when the author stresses that we get too much protein in our diet, then puts it down as a requirement in her book. Most people are probably not going to count the whole grains as half a serving and cut down on the meat.

Erin says

This has a great guide and wonderful recipes for staying healthy and eating well when you're pregnant, however it was quite repetitive of the original *What to Expect When You're Expecting*.

If you're looking for a bunch a good and healthy recipes to cook when you're expecting (or even if you're not expecting) this book is great, however, if you're reading or have already read *What to Expect* the original, then you can literally skip the first half of this book.

C says

I almost laughed when I read all the stuff they expect you to eat in one day. I eat incredibly healthy, and even I was overwhelmed. The information is not presented in the most accessible way - don't waste your time with this one, get *Feed the Belly* instead.

Kristi says

This 470 page book was unnecessarily long. Lots of text that didn't add up to a lot of content. This book also lacked a comprehensive chart of foods to eat and foods to avoid when pregnant, which was what I was most interested in reading. If you are clueless about how to cook healthy food, then the 200+ pages at the end with recipes and meal ideas would be beneficial. But for me, this was also an unnecessary part of the book.

Ayse says

I think this is the worst of all 'what to expect' books. First of all it is very complicated and tiring. Secondly the book continuously repeats itself. Lastly and most importantly it is not applicable if you are not alien! Normally I am cruel in my ratings but I don't recommend that series to anyone especially the mom-to-bes'.

Megan Rich says

If you actually read the book you'll see that even the author acknowledges it is not realistic to eat the way she recommends. It is meant as a GUIDE only, and was a very good one in my opinion. It is easy to navigate and gives great ideas for what to eat. It ends with some awesome recipes that combine a lot of the foods recommended in the book. A must read for any pregnant woman who wishes to eat well.

Whitney says

I read this shortly after I found out I was pregnant- and was still very optimistic about the whole pregnancy and being healthy thing. I absolutely LOVED it... for about a week. In short, I really didn't find this book to be helpful due to the fact that I just simply couldn't eat anything without throwing it up, let alone try to eat healthy. The past three months of my diet have consisted of pretty much everything that wasn't recommended in this book. Maybe when the clouds lift i will revisit their recommendations, until then I would have to say that for me this book didn't prove to be highly realistic!

Jamie says

Great book! A good guide on healthy eating regardless if you are pregnant or not.

Meagan says

I was really hoping for a good recipe book. Not a 'diet' book that preached at me all the rights and wrongs of eating when you're pregnant.

I know the basic foods to avoid, I know the foods I should eat, I know roughly how much weight I need to gain and how to do it. All I want is some ideas of how to prepare the good, healthy foods, I don't need all the information this book flings at me. I can get most of that from a regular pregnancy book.

That being said, the recipes I did find were pretty good, although I found the ones for muffins and baking had a LOT of ingredients that weren't super easy to find. Not what you want when you're all belly, tire out easily or are so nauseous you just want to get in and out of the store without barfing.

Kat says

Excellent book.

It covers basic nutritional needs, the best ways to meet the nutritional needs of pregnancy, and suggestions for addressing every gastro-intestinal side effect of pregnancy. It also offers information about nutritional needs to help address fertility issues or concerns and food-based ways to address other side-effects of pregnancy (other than gastro-intestinal). It is also very well organized. I'm a big fan.

Sara says

The main trouble with this edition of this book is the strictness of the diet they expect pregnant women to follow. Having a bagel for a "once a week" treat is not remotely realistic, especially at a time when many women have food aversions and cravings. There is some solid information in this book, but it is overshadowed by the guilt-inducing diet.

I did try a couple of the recipes; one was okay, the other was an unmitigated disaster.

I believe there is an updated, more relaxed version of this book out now - hopefully it is an improvement. Avoid this edition.

diana says

This is my favorite of all the "What to Expect" books. It informs you on good nutrition during your pregnancy. It also provides lots of easy tips and recipes on how to get the most nutritional foods. It also has recommendations on the things to eat while trying to conceive. I followed the recommendations of this book pretty closely, and I've had a very healthy pregnancy, gaining only the "minimum" acceptable weight, with no nutritional deficiencies, no problems with Gestational Diabetes, no low iron, no high blood sugar, no swelling etc. I wasn't as good as I should have been with the "veggies" b/c the thought of eating veggies my first trimester made me sick. However, the prenatal vitamins and fruit that I ate seemed to make up for it.
