

the pregnancy diet

THE SHORT TAKE ON EATING FOR TWO

PROTEIN IS GOOD.

**TRADITIONAL FATS ARE GOOD -
ESPECIALLY FISH AND BUTTER.**

**LOTS OF WHOLE MILK, FULL-FAT CHEESE,
SOUR CREAM, AND BUTTER ARE GOOD.**

SALT TO TASTE IS GOOD.

NO CALCIUM SUPPLEMENTS.

NO IRON SUPPLEMENTS.

NO SOY.

read the book

Real Food for Mother and Baby
the complete guide to becoming a mother

Nina Planck, author of
Real Food: What to Eat and Why,
covers fertility, pregnancy,
nursing, and first foods.

Praise for *Real Food*:

“persuasive and invigorating”

Michael Pollan

“compellingly smart”

Mark Bittman

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THE OLD ADVICE

- **YOU'RE EATING FOR TWO; THE BABY IS HUNGRY!**
- **YOU NEED IRON TABLETS.**
- **IF YOU'RE SWELLING, EAT LESS SALT.**
- **EAT LOW-FAT FOODS.**
- **THE PROTEIN ON VEGAN AND VEGETARIAN DIETS IS JUST AS GOOD AS MEAT, FISH, AND EGGS.**
- **SOY IS A GOOD SOURCE OF PROTEIN AND CALCIUM.**
- **FISH IS A DANGEROUS SOURCE OF MERCURY.**

WHAT NINA SAYS

- **YOU CAN EAT TO HUNGER, DRINK TO THIRST AND SALT TO TASTE.**
- **SLIGHTLY LOWER IRON LEVELS ARE NORMAL IN PREGNANCY; MEAT IS THE BEST SOURCE OF IRON.**
- **IF YOU'RE SWELLING, EAT MORE PROTEIN.**
- **YOU NEED FATS FOR IMPORTANT VITAMINS, ESPECIALLY A, D, E, AND K.**
- **VEGANS RISK SERIOUS PROBLEMS. A VEGETARIAN DIET MUST INCLUDE DAIRY AND/OR EGGS, PREFERABLY BOTH. ON BOTH DIETS, OMEGA-3 FATS ARE LACKING.**
- **SOY PROTEIN IS INFERIOR TO MEAT, FISH AND EGGS. IT ALSO CONTAINS TOO MANY ESTROGENS AND BLOCKS IMPORTANT NUTRIENTS, SUCH AS CALCIUM.**
- **AVOIDING FISH TO AVOID MERCURY IS BAD FOR YOUR BABY'S BRAIN. EAT FISH LOW IN MERCURY.**