

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.