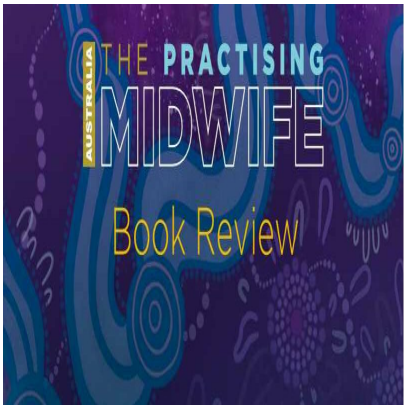

Description

Book Review: Real Food for Pregnancy by Lily Nichols

Review By: Melody Moy – Midwife

Published By: Lily Nichols

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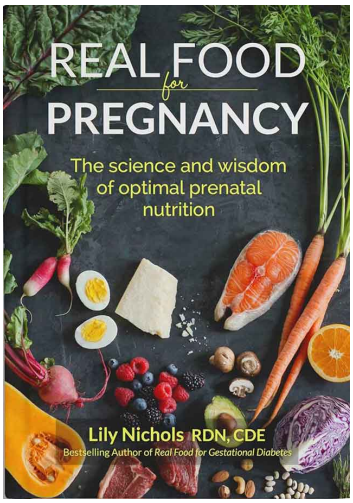

This book is a must read for any expectant parents or health care workers looking for evidence-based information on nutrition in pregnancy. It is the sequel to Lily's first book Real food for Gestational Diabetes.

The information is presented in easy to understand language yet each chapter is well researched and provides citations to credible evidence sources. Furthermore, the author is a registered dietician, nutritionist and certified diabetes educator, helping to reassure the reader of the quality of the book's content.

The book is written in the American context yet is easy to understand if you have some background knowledge of the

differences between American and Australian maternity care. This book examines how the traditionally recommended diet in pregnancy has not been updated in decades, lacks essential vitamins and minerals in the quantities required in pregnancy, and highlights the lack of nutrition education provided by antenatal care providers. To fill these gaps, the book carefully analyses each key nutrient, it's role in the body while pregnant, and how to incorporate them into your diet. Another key takeaway from this book is the importance of the bioavailability of vitamins, minerals and trace elements in their whole food form as opposed to supplements.

The main drawback of this book is putting this way of eating into practice. Many Australians living in rural areas may have minimal access to fresh foods, and for those who can access fresh foods, they can be cost prohibitive.

Despite this, one of the greatest appeals of this book is the range of recipes and sample eating plans provided, which allow readers to see how they can incorporate nutrient-dense foods into their daily diet. My personal favourite is the recipe for an electrolyte replenishment drink that is ideal for labour or anyone having trouble keeping food down.

Overall, this book is an excellent read for anyone who is currently pregnant, planning pregnancy or works in the maternity care field and wants to gain evidence-based information on foods that help support a health pregnancy. **TPM**

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1. 2024
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