

Pathfinder: Nutrition Information for Pregnant Women

General Health, Nutrition, and Pregnancy Reference Books

Komaroff, Anthony L., M.D., ed. *Harvard Medical School Family Health Guide*. New York: Simon & Schuster, 1999. 1288 pp.

This reader-friendly reference source provides authoritative, comprehensive, current information on a variety of topics including pregnancy and pregnancy nutrition. The book is also associated with a website which present free online updates to the book's text:

<http://www.health.harvard.edu/fhg>

(Note on website use: to search for new information added since the book was published, select the chapter in which it would appear (i.e. "Infertility, Pregnancy, and Childbirth") and then click the "view" button in order to see a list of new information or topics.)

Johnson, Robert V., M.D., ed. *Mayo Clinic Complete Book of Pregnancy and Baby's First Year*. New York: William Morrow, 1994. 750 pp.

This guide is reliable, practical, comprehensive, and easy to understand, with information on all aspects of pregnancy and baby care through age 1. It "supplements advice of your personal physician, whom you should consult for individual medical problems." The book contains a substantive chapter on nutrition during pregnancy, followed by a short quiz to assess how well the reader understood the information.

Duyff, Roberta Larson. *American Dietetic Association Complete Food and Nutrition Guide*. 2nd ed. Hoboken: John Wiley and Sons, 2002. 658 pp.

This is a reliable and comprehensive guide to nutrition and health information for people of all ages; it contains ten pages of information for pregnant women with many "see" references that direct readers to other parts of the book for cases where more general information is appropriate.

Eisenberg, Arlene, Heidi E. Murkoff, and Sandee E. Hathaway, B.S.N. *Qué se puede esperar cuando se está esperando*. Translated by Margarida Costa and Ernesto Reggianini. New York: Worman, 1998. 564 pp.

This general, user-friendly reference is set up as answers to hundreds of common questions arranged month-by-month of a woman's pregnancy. There are a number of nutrition-related items, but no separate section on the topic. In Spanish.

MacKonochie, Alison, and Sara Lewis. *The Practical Encyclopedia of Pregnancy, Babycare, and Nutrition for Babies and Toddlers*. London: Lorenz Books, 2003. 511 pp.

This is a photograph-laden book with limited text and superficial health information. There is a different topic for each week of pregnancy; an approximately 250-word article about nutrition appears in week 12.

Nutrition/Cooking Books for Pregnancy

Ricciotti, Hope, M.D., and Vincent Connelly. *The Pregnancy Cookbook: Revised and Expanded*. New York: Norton, 2002. 430 pp.

Written by an OB-GYN and her husband, a chef, this excellent book combines up-to-date health and food information, including the latest nutrition and food safety findings with 150 recipes

including foods to satisfy cravings and soothe nausea. The nutrition information section is the most in-depth and longest of all the nutrition/cooking books.

Shulman, Martha Rose, and Jane L. Davis, M.D. *Every Woman's Guide to Eating During Pregnancy*. Boston: Houghton Mifflin, 2002. 420 pp.

This practical book, authored by a food writer and an OB-GYN discusses nutrient needs in each trimester of pregnancy and suggests different meal programs based on different food preferences, cravings, cooking ability, body type, and other special needs. Contains 100 recipes.

D'Adamo, Dr. Peter J., and Catherine Whitney. *Eat Right for Your Baby: The Individualized Guide to Fertility and Maximum Health During Pregnancy, Nursing, and Your Baby's First Year*. New York: Putnam, 2003. 429 pp.

This book provides health and nutrition information related to fertility, pregnancy, nursing, for the baby, and postpartum nutrition for the mother. The book presents a plan for each major blood type that includes diet, exercise, and supplement "prescriptions." It is "intended to offer information to help the reader cooperate with physicians and health professionals in a mutual quest for optimum well-being."

Jones, Catherine, and Rose Ann Hudson, R.D., L.D. *Eating for Pregnancy: An Essential Guide to Nutrition with Recipes for the Whole Family*. New York: Marlowe & Company, 2003. 332 pp.

This book is written by a chef and a perinatal nutritionist, both of whom are mothers. The book offers up-to-date nutritional information for pregnant women as well as many shopping and eating tips to maximize health and convenience during pregnancy. The book also has 120 recipes, each of which indicates why it would be a good pregnancy choice.

Pregnancy Cookbooks

Middleton, Jane, and George Rapis. *The Healthy Pregnancy Cookbook: Eating Twice as Well for a Healthy Baby*. New York: Hungry Minds, 2002. 144 pp.

This book contains about 100 recipes, all "created for maximum pleasure and vitality," that are thought to be safe and nourishing for a pregnant woman or nursing mother. Beautiful photographs.

Search Engines

Google. <http://www.google.com> (2006): accessed 16 March 2006.

This commercial web search engine is a fast way to find many sites with content related to the topic. Type search terms in the box and click on "Google Search" to retrieve a list of websites containing those terms. Use more terms to narrow the search. For example, type "pregnancy" to access websites about pregnancy, but "pregnancy nutrition" to find more specific information. Suggested search terms might include "pregnancy," "prenatal," or "antenatal" coupled with "diet" or "nutrition." For recipes to use during pregnancy, try adding another word such as "recipes" or "cooking." It is also possible to type a specific question into the search box, such as "Is it safe to eat fish while pregnant?"

Commercial Websites

Gilbert, Sue, M.S. "Nutritional guidelines for moms-to-be." iVillage Pregnancy and Parenting. <http://parenting.ivillage.com/pregnancy/pfitness/0,,40p8,00.html> (2006): accessed 16 March 2006.

This website, part of a much broader women's Internet community website, presents an up-to-date article on nutrition during pregnancy with links to many related pages within the website, including a Pregnancy Diet FAQ section, suggested food plans, and other dietary tips.

Weiss, Robin Elise. "Pregnancy & Birth." About.com. <http://pregnancy.about.com> (2006): accessed 16 March 2006.

This online guide presents a variety of resources for mothers-to-be, mostly in the form of informal, brief articles written by a childbirth and postpartum educator who is also a certified doula and has seven children of her own. For nutrition information, choose "Your Pregnant Body" from the list of "Topics" at the left-hand side, then click on "Nutrition in Pregnancy" to arrive at a list of many articles on the topic of "what to eat, what not to eat and how to eat while you're pregnant." These articles can be sorted by date.

Noncommercial Websites

"Pregnancy: Essential nutrients when you're eating for two." Mayo Clinic. <http://www.mayoclinic.com/health/pregnancy-nutrition/PR00110> (2006): accessed 16 March 2006.

This article, presented by the reliable Mayo Clinic, discusses the extra nutrients that pregnant women need to consume, providing information about the nutrients and suggesting good sources. At the bottom of the article, there are links to other "related articles." The site is easy to search: at the top right hand corner, there is a search box and typing in a phrase such as "pregnancy nutrition" and clicking the "search" button will yield several other sources of information on the topic.

"Durante su Embarazo: Comiendo Para Dos." March of Dimes. http://www.nacersano.org/centro/9246_9622.asp (2006): accessed 16 March 2006.

This website has basic nutrition information presented in a casual format. It has many tips for healthy eating as well as a list of different foods and appropriate serving sizes. In Spanish. (English version available at: http://www.marchofdimes.com/pnhec/159_823.asp)