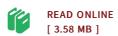




Eat Well, Lose Weight, While Breastfeeding: The Complete Nutrition Book for Nursing Mothers

By Eileen Behan

Random House USA Inc, United States, 2007. Paperback. Book Condition: New. Reprint, Revised, Updated. 198 x 132 mm. Language: English . Brand New Book. The new mom s most trusted resource-now revised and updated to include the latest in nutrition and dietary concerns This hands-on guide provides mothers with expert advice on losing weight and eating well, so you can feel good about your decision to nurse. Registered dietitian, professional nutritionist, and mother of two Eileen Behan shows you how to shed pounds safely and naturally while nourishing a happy, healthy baby. Learn what and how much to eat, what foods to avoid, the best exercises, plus ways to keep the pounds off after you stop breastfeeding. Get the latest on: - vitamin and mineral recommendations from the frontlines of nutrition research - the Glycemic Index-what it is and what it means to breastfeeding women - fish safety-what you need to know about toxin levels to protect you and your baby - low-carb diets-good or bad for breastfeeding moms? - calcium-does it speed up weight loss? - whole grains-the best ways to integrate this ultimate energy food into your diet - nuts-high-protein food or fattening snack? - childhood obesity-how to...



Reviews

Undoubtedly, this is the best work by any author. It is really simplified but shocks within the 50 % in the publication. Its been written in an extremely straightforward way and is particularly just following i finished reading this publication by which basically altered me, modify the way in my opinion.

-- Vivianne Dietrich

Comprehensive guideline for book lovers. It is really simplified but excitement in the fifty percent in the publication. Your daily life period is going to be change as soon as you full looking at this book.

-- Kayley Lind