

Media contact: Jennifer Starkey
800/877-1600, ext. 4802
media@eatright.org

120 South Riverside Plaza
Suite 2000
Chicago, Illinois 60606-6995
800/877-1600
www.eatright.org

EXPECT THE BEST: NEW AMERICAN DIETETIC ASSOCIATION PUBLICATION OFFERS MOTHERS ADVICE FOR A HEALTHY START FOR YOU AND YOUR BABY

CHICAGO – Seconds after receiving the results of a positive pregnancy test, many women become overwhelmed with questions and misgivings about their pre-pregnancy lifestyles, especially their diets. Did that morning cup of coffee hurt the baby? Was last week’s sushi dinner a huge mistake? Are all soft cheeses on the “don’t eat list” or just a few? A new book from the American Dietetic Association answers these questions and many more with practical advice and food lists based on the latest research on the effects of lifestyle on pregnancy.

“As a registered dietitian and a mother of three, I know how difficult it is to wade through all the news regarding diet and pregnancy,” says Elizabeth M. Ward, author of *Expect the Best: Your Guide to Healthy Eating Before, During, & After Pregnancy* (John Wiley & Sons Inc., 2009). “Proper nutrition has a huge impact on the development of your baby, but your diet doesn’t have to be an overwhelming and stressful part of your pregnancy,” Ward says.

“This book offers realistic nutrition advice and balanced eating plans that provide women with the information necessary for their well-being and for that of their developing child. It is the American Dietetic Association’s one-stop guide for anyone who is pregnant or trying to become pregnant,” Ward says.

Expect the Best takes a look at all aspects of nutrition and fitness from preconception to the “fourth trimester,” and covers the basics of early infant feeding, too. Other topics covered in the book include:

- **Pre-pregnancy Nutrition:** Ward says there’s no need to wait for the positive pregnancy test to start working on a healthy lifestyle. She covers easy diet and exercise changes that can help women achieve optimal pre-pregnancy weight and close nutrition gaps in their diet to improve fertility.
- **Pregnancy Nutrition:** When “eating for two,” women should make sure they’re getting enough nutrients to fuel their body and their baby’s growth during each trimester. Ward covers the caffeine and pregnancy controversy and provides a list of nearly 65 caffeine-containing foods. She also discusses in detail who needs prescription prenatal supplements. Ward answers these questions and more, and examines other foods rumored to be on the “don’t eat” list.
- **“Fourth Trimester” Nutrition:** Once baby arrives, mom’s diet is still important, especially when she is breast feeding. In this chapter, Ward provides information about must-have nutrients during breast feeding, covers safe weight loss and offers dozens of quick and healthy meals ideas.
- **Food Safety:** “During pregnancy, food poisoning is especially dangerous,” Ward says. With an entire section devoted to food safety tips, *Expect the Best* arms readers with tools they need for following simple food safety rules.
- **Special Situations:** Constipation, morning sickness and gestational diabetes are just a few of the problems that may occur during pregnancy. *Expect the Best* takes a look at how nutrition and physical activity help to manage these and other common conditions.
- **Recipes:** *Expect the Best* features more than 50 recipes for delicious and nutritious smoothies, breads, salads, sandwiches, easy-to-make entrees and healthy desserts the entire family will love.

Expect the Best: Your Guide to Healthy Eating Before, During, & After Pregnancy is available at bookstores and online retailers for \$15.95 (paperback), and it can be ordered at www.eatright.org. Click on “Shop Online.”

For a media review copy or to interview Elizabeth Ward, journalists can e-mail media@eatright.org.

The American Dietetic Association is the world's largest organization of food and nutrition professionals. ADA is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy. Visit the American Dietetic Association at www.eatright.org.

###