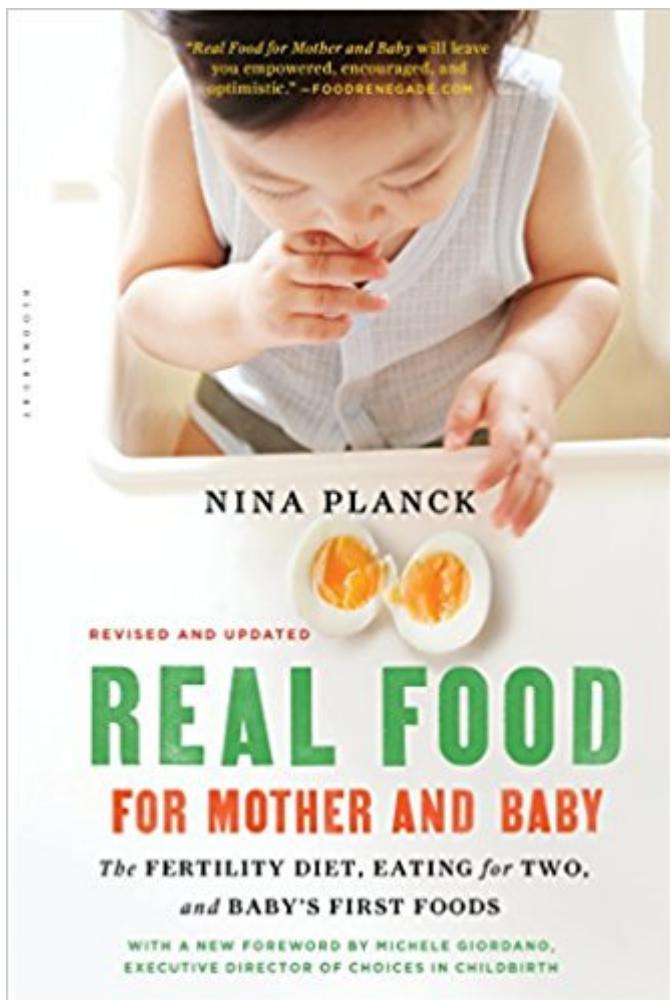


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# Real Food For Mother And Baby: The Fertility Diet, Eating For Two, And Baby's First Foods



## Synopsis

Ten years ago, Nina Planck changed the way we think about what we eat with the groundbreaking *Real Food*. And when Nina became pregnant, she took the same hard look at the nutritional advice for pregnancy and newborns, finding a tangle of often contradictory guidelines that seemed at odds with her own common sense. In *Real Food for Mother and Baby*, Nina explains why some commonly held ideas about pregnancy and infant nutrition are wrongheaded--and why real food is good for growing minds and bodies. While her general concept isn't surprising, some of the details might be. For expecting mothers and babies up to two years old, the body's overwhelming requirements are fat and protein, not vegetables and low-fat dairy--which is why, for example, cereals aren't right for babies, but meat and egg yolks are excellent. Nina shares tips and advice like a trusted friend, and in this updated edition, her afterword presents the latest findings and some newly won wisdom from watching her three children grow on real food.

## Book Information

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## Customer Reviews

"Nina's real food concept is critical for new parents." Erica Lyon, author of *THE BIG BOOK OF BIRTH*"The antidote to the faddists, alarmists, and kooks who all too often dominate American food discourse." David Kamp"A cross between Alice Waters and Martha Stewart." Washington Post

Nina Planck is a farmers' daughter, food writer, and farmers' market entrepreneur. She is the

creator of the wildly popular London Farmers' Markets. A gifted speaker and a home cook, she is the author of *Real Food: What to Eat and Why* as well as *The Farmers' Market Cookbook* and *The Real Food Cookbook*. She lives in New York City and Stockton, New Jersey, with her husband, Rob Kaufelt, proprietor of Murray's Cheese, and their three children. [@ninaplanck](http://NinaPlanck.com)

This book made me cry. Repeatedly. The author has such a way with words and her stories moved me deeply. She gives scientifically grounded advice on food, but doesn't overwhelm the reader with recipes or rules. She breaks things down into simple, but never condescending, basics that are easy for even a new mom's hormone saturated brain to remember. She's honest, forgiving, and sounds like a wonderful, loving mother. Highly recommended.

This book offers an enjoyable, enthusiastic overview of principles for eating for fertility, pregnancy, and nursing--particularly if you subscribe to a "real food" philosophy. Vegetarians might be a bit grossed out at the suggestions to grate raw liver for your baby, but if you swing more toward the paleo/traditional food side, you'll find this an interesting look at how to apply these ideas to the job of conceiving and nourishing a baby. It's written in a cheery, gung-ho tone that makes it sound like a fun and worthwhile project to eat wholesome foods (at least until you start thinking about actually grating liver). Overall I think Nina's recommendations are sound, but there are a few red flags throughout the book that indicate that she doesn't have the firmest grasp on science. Most glaring is a comment she makes about calcium tablets. She maintains that they're unnecessary and that midwives have been known to find whole, undissolved tablets--WHOLE PILLS--in the placenta after birth. In case you're not up on your anatomy, let me just say that if you find you are able to pass an entire tablet from your intestines to your bloodstream, through the wall of your uterus and into your placenta, then you should get yourself immediately to an ER to investigate why you have an enormous, gaping hole through several of your major organs. Because of this remark and a few other dicey ones I consider this book more of an entertaining read than a real resource, and would suggest taking its more controversial assertions with a grain of salt--although as a member of the posteriorly endowed, I enjoyed her claim that women with big butts have smarter children, and truth be told, I didn't thoroughly fact-check this one.

I understand how this book and the author's recommendations can be divisive. People get upset when someone challenges what they know. I don't plan to do everything Ms. Planck says, but I wouldn't blindly follow anyone's advice (incl. doctors or my own mother, let alone a writer I have

never met). But what she says in this book speaks to me. It tells me to relax and to eat, and enjoy, good foods. I love her writing style and enjoy reading her writing on vitamins, minerals, vegetables, meats, butter, nuts, good oils, just to name a few. I don't plan to drink any milk (personal choice), I don't plan to drink alcohol (personal choice), I don't plan to eat cheese (personal choice), and I don't plan to eat whole grains (personal choice). Do I feel offended or threatened by this author's differing viewpoint on these things? Of course not. I consider it information worth knowing. As with ALL BOOKS, consider the message and decide what makes the most sense for you. It is better to have information and make decisions than to allow someone to tell you what to do without your own thought and input. I will say: I read this book after my first daughter was born when I was weaning her from nursing, and I read it again when I was trying to conceive my second. I am reading it yet again now that I am pregnant with my second. Her writing is smart, reassuring, and a good reminder to chill out. Set yourself free from what mothers should and shouldn't do, and just eat good food.

Couldn't really get through it. Kind of a boring, not really new or informative info given and just did not read well overall. I have honestly read more informational pregnancy type dietary info in articles on the internet.

This book could not have shown up in my life at a better time. Devastated by the loss of my first pregnancy, I was diagnosed with PCOS and set out to discover what I could do to make sure I did everything in my power to have a healthy, full term baby on my next go round. After searching through many versions of rigid, impossible to follow "PCOS diets", Real Food for Mother and Baby was a God send. Finally, real, common sense advice and solid research to help me fight off my insulin resistance issues (which have led to PCOS). To top it off, it's in extremely readable form. Everyone knows that we should eat real food, not fake food, right? But what I didn't know was just how fake most of what is to be found in the supermarket really is. One example: Even basic skim milk, a commonly accepted staple of a 'healthy diet', is extremely processed and damaged by the time it reaches our shopping carts. The result of this newfound information resulted in my introduction to raw milk- so delicious it serves as my dessert most nights! And it's packed full of nutrients cooked out of most store bought milk. You will find endless tidbits of information and detailed explanations of the various nutrients your body needs to conceive and carry a baby, and it is all fascinating stuff. But the best part of the book is that in the end, everything is quite simple and easy to remember. Planck even breaks down the most basic needs for each trimester, making the complicated pregnancy-eating mind game as reassuringly easy as a refrigerator chart. I am

endlessly grateful for this, as when I found out I was pregnant the first time, I was terrified to eat at all. Worried about eating too little, too much, the wrong thing, the right thing at the wrong time... suffice to say, I am relieved beyond measure to have this new basic understanding of what my baby needs at different stages of development. And it's not necessarily what your OB or the FDA will tell you!As a side note, woven in with all of the great nutrition information is the story of Planck's own pregnancy, birth, and the first two years of her son's life- making her instantly relatable and interesting.I am feeling great since changing my focus to eating only real food, and am very optimistic that I will get pregnant again soon and carry to term. Thank you Nina Planck, for writing such a user friendly, common sense guide to eating well not just for pregnancy, but for life!

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