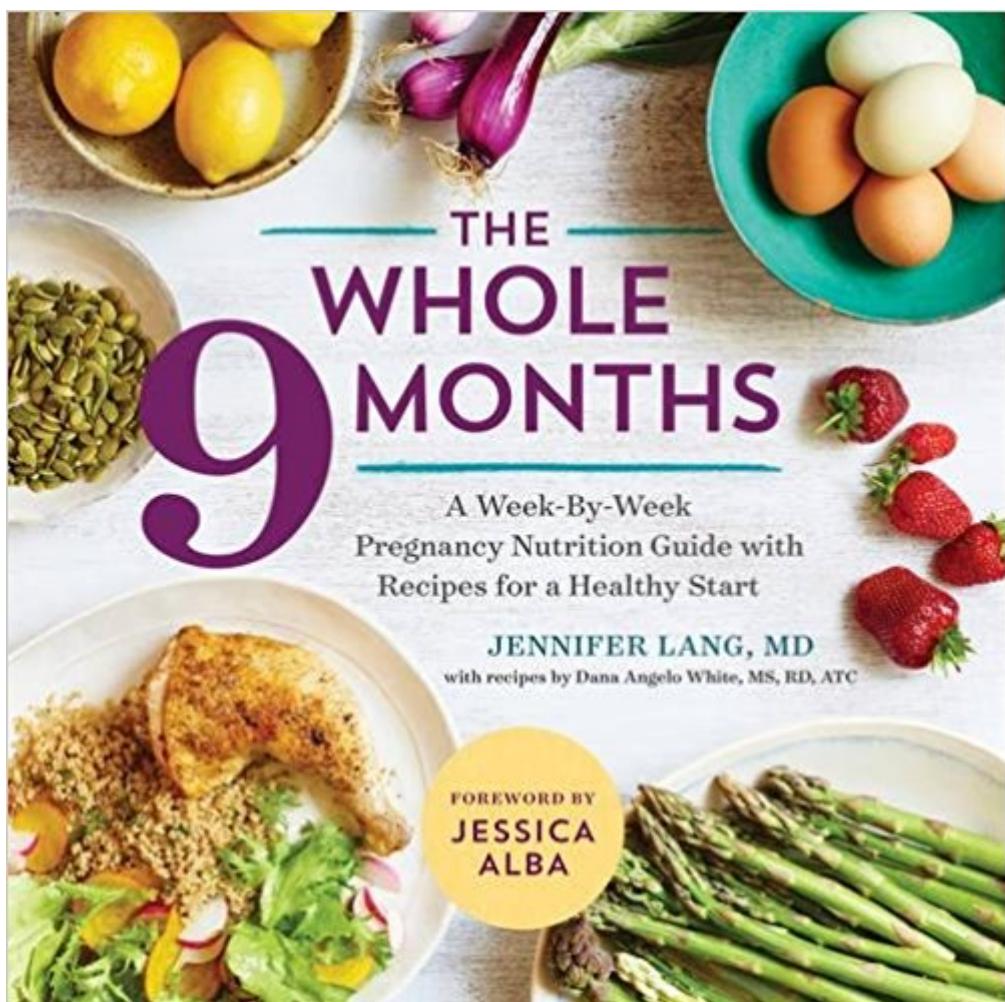


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# The Whole 9 Months: A Week-By-Week Pregnancy Nutrition Guide With Recipes For A Healthy Start



## Synopsis

â œIâ™m thrilled that Dr. Lang has put her valuable knowledge into these pages. With this book in your hand, you are on your way to putting your health first and setting your baby up for lifelong wellness.â •JESSICA ALBA, co-founder of The Honest CompanyGood for baby, good for you: Every mom-to-be knows how important it is to pick the right foods when youâ™re eating for twoâ• but the information overload on pre-natal nutrition can be stressful and time-consuming. The Whole Nine Months is your all-in-one pregnancy book with simple nutritional guidelines, up-to-date pregnancy research, and real mom-to-mom advice. Through reading The Whole Nine Months youâ™ll discover how easy it can be to make good food choices for your body while growing a healthy, happy baby. An invaluable reference and cookbook during pregnancy, The Whole Nine Months contains:

- Nutritional Information: covering everything you need to know on essential baby-building nutrients, daily consumption needs, and where to find them in foods
- Over 100 Quick and Easy Recipes: including vegetarian, vegan, and gluten-free optionsâ• with helpful hints on how to customize each recipe to suit your cravings
- Handy Tricks: helping you to handle nausea, cravings, and anything else that comes your way

As an OB-GYN, activist, and mother herself, Dr. Lang knows how hard it can be to absorb the available information on pre-natal nutrition while tackling cravings and nausea.âœ Eating for twoâ• is the single most important thing that youâ™ll ever doâ• and The Whole Nine Months is the only pregnancy book youâ™ll need to get it right.

## Book Information

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## Customer Reviews

[View larger](#) Peanut Butter Protein Bars Canâ¢â™t get enough peanut butter? These bars

make a healthy and satisfying snack any time of day. These are a great option for a bed-time snack as they are filled with protein and fiber, and a great way to get in some of those extra calories needed to help sustain a healthy pregnancy in the second and third trimesters.

Serves 12 / Prep time: 25 minutes Instructions 1. Coat a 9-by-9-inch baking dish with olive oil and set aside. 2. Preheat oven to 325° F. 3. In a small saucepan, combine maple syrup, peanut butter, almond milk, protein powder, coconut oil, and vanilla. 4. Stir together and cook over medium-low until mixture just begins to bubble, 2 to 3 minutes. 5. In a large bowl, combine oats, puffed rice, peanuts, banana chips, pumpkin seeds, and salt. Toss well. 6. Pour warm peanut butter mixture over oatmeal mixture and stir with a spatula until combined. 7. Transfer to prepared baking dish and press firmly into dish. 8. Bake for 15 minutes. Remove from the oven, let cool completely cut into bars. Tip: Be sure to buy natural peanut butter instead of those spiked with sugar and added oils. The only ingredients should be peanuts and salt. Calories: 243; Total Fat: 14 g; Saturated Fat: 4 g; Carbohydrates: 22g; Fiber: 3g; Protein: 9g. Ingredients 1/4 cup pure maple syrup 1/4 cup natural peanut butter 1/4 cup olive oil, for coating the dish 1/4 cup unsweetened almond or coconut milk 1/4 cup vanilla protein powder 1 tablespoon coconut oil 1 teaspoon vanilla extract 1 cup rolled oats 2 cups puffed brown rice 1/4 cup chopped peanuts 1/4 cup dried banana chips, roughly chopped 1/4 cup pumpkin seeds 1/4 teaspoon kosher salt

•This book provides fact-based advice that you can trust from a doctor who is also a mom. With this book in your hand, you are on your way to putting your health first and setting your baby up for lifelong wellness. •Jessica Alba, co-founder of The Honest Company •A highly informative review of the nitty gritty of what foods support our bodies and our babies. Empowering information from a trusted source. •Ricki Lake, actor, author, and executive producer of the documentary The Business of Being Born •The Whole 9 Months is terrific •so inviting and intimate. Dr. Jennifer Lang offers wide knowledge and deep wisdom, worn lightly and presented in such a friendly way. The delicious recipes ensures the best health for mothers and babies. •James S. Gordon, MD, executive director of The Center for Mind-Body Medicine •Dr. Jennifer Lang is a beautiful role model for pregnant women. Her wellness concepts and healthy recipes belong in every kitchen! •Ani Phyo, best-selling author, chef, and holistic nutritionist •Become the most vibrant, beautiful and healthy version of yourself before, during and after pregnancy. •Jennifer Berman, MD, co-host of the Emmy-award winning show The Doctors

Jennifer Lang, MD, is an OB/GYN and gynecologic oncologist. During her years in private practice, she specialized in integrative and preventative medicine, and natural birth options. She co-founded an international medical non-profit delivering cervical cancer prevention services to women in resource-poor countries around the world. Jennifer has served as a medical advisor to television scripts (medical dramas) and has been featured as an expert advisor on talk shows and reality shows. She lives in Los Angeles with her husband and three kids. Dana Angelo White, MS, RD, ATC, is a registered dietitian, certified athletic trainer, journalist, and nutrition and fitness consultant who specializes in culinary nutrition and recipe development. She is the author of *First Bites: Superfoods for Babies and Toddlers*. She is also the nutrition expert for Food Network.com and founding contributor for Food Networkâ™s *Healthy Eats* blog and has consulted for various magazines and television food programs. Dana lives by the beach in Fairfield, Connecticut with her husband and three daughters. Jessica Alba is a Golden Globeâ“nominated actress, committed environmentalist and social justice activist, and co-founder of The Honest Company. She lives in Los Angeles with her husband and two young daughters.

This book brings back very fond memories. It helps you eat right every day the entire time you are pregnant. It was very helpful to me as I was too busy and stressed at work to do my own research about eating right while pregnant. I would sometimes make the meals ahead of time and keep them in the freezer or just buy but at least I knew I was eating what was recommended by the experts. I am pregnant again and I have this book by me every night. I love it and would recommend using a prenatalâ“Vitamiss Prenatal - Optimal Women's Supplement for Healthy Pre and Post Pregnancy!. These are a very good choice for prenatals. The supplement amounts rival pricey prescription vitamin levels, and they did not cause me any stomach discomfort at all.

A must read for women who are pregnant, hoping to become pregnant, or who are simply interested in learning how to better nourish their bodies and that of their children. Dr. Lang's book is informative and educational while also fun and easy to read, and is full of great recipes that are accessible to all. You won't be disappointed!

This book has a wealth of knowledge and sources to back it up. It was so interesting, I really didn't want to put it down. Though I have only recently found out I am expecting, I will be consulting this book for the week to week information and monthly dietary needs! Highly recommend!

I had to return this. I was expecting a month by month recipe book based on what your body needs. Instead I got simple recipes that I actually already eat. (Think smoothies and avocado toast). No recipe was exciting enough to make this book worth keeping.

So many amazing recipes in here! Easy to make and made pregnancy meals yummy

This book tells you week by week what is developing on your baby and what nutrients help that development. Then it tells you what common food is rich in that nutrient. Super helpful and informative.

Fantastic book! Inspired me to start eating better (been developing some bad habits lately) and I'm not even pregnant. A great, well-written reminder about the importance of a plant-based diet and organic food.

great book for my daughter who is expecting!

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