



Real Food for Gestational Diabetes: An Effective Alternative to the Conventional Nutrition Approach

Lily Nichols

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Getting diagnosed with gestational diabetes is scary, but it doesn't have to stay that way. Imagine easily managing your blood sugar, effortlessly gaining the right amount of weight during your pregnancy, and giving birth to a beautiful, healthy baby. This can be you! Real Food for Gestational Diabetes offers an alternative to the conventional nutrition approach that embraces nutrient-dense and delicious foods that nourish you and baby without causing high blood sugar. With the wrong information (or no information at all), far too many women are left alone struggling with erratic blood sugar and excessive weight gain, often leading them to high doses of insulin or medications and difficult births. Sadly, this often happens despite these moms dutifully following the dietary advice given to them by well-meaning clinicians; a restrictive diet that leaves them feeling unsatisfied, unhappy, and confused about ever-increasing blood sugars. In Real Food for Gestational Diabetes, prenatal nutritionist and diabetes educator, Lily Nichols, RDN, CDE, CLT, sets the record straight, offering revamped carbohydrate recommendations and exercise guidelines based on the latest clinical research. You can have gestational diabetes and have a healthy baby. Lily will show you how. With this book, you have the tools to turn this diagnosis into a blessing in disguise. You'll learn: Why conventional diet therapy often fails and what to do instead How the right prenatal nutrition can reduce the likelihood you'll need insulin by 50% Exactly which foods raise your blood sugar (and more importantly, which foods DON'T raise your blood sugar) How to customize a meal plan with the right amount of carbohydrates for YOU (there's no one-size-fits-all plan, despite what you may have been told) The truth about ketosis during pregnancy (and why checking urine ketones isn't useful) Information on insulin and blood sugar-lowering medications used in pregnancy Which foods to emphasize to provide your baby with the right nutrients for optimal development (these real foods have a long history of producing strong, healthy babies) The best prenatal exercises to control your blood sugar and prepare for labor What to do after delivery to prevent type 2 diabetes

Real Food for Gestational Diabetes: An Effective Alternative to the Conventional Nutrition Approach Details

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From Reader Review Real Food for Gestational Diabetes: An Effective Alternative to the Conventional Nutrition Approach for online ebook

Chelsey Crouch says

Great resource

After being diagnosed with GD at 13 weeks I felt completely overwhelmed. The meal plan given me was basically 5 foods in different forms and then a bunch of processed foods. This book was a sigh of relief!

Courtney says

Super helpful if you have been diagnosed - it is really clear about why gestational diabetes even occurs, as well as informative about how to control it.

Natalie Bens says

I really liked this book for the whole picture. I thought it gave great advice on what to eat for gestational diabetes (and I believe most non-GD pregnancies), and challenged the rather ridiculous status quo of nutritional recommendations currently supported by the majority of OBs and RDs. It's also good for beginners who aren't used to thinking about macronutrients and healthier eating styles. *However,* the author swayed a little toward naturalistic fallacies and was mildly food-shaming, and the book could have done with an editor.

Rebekah says

Just diagnosed. This demystified the whole issue and gave me positive ways to rechannel my anxiety. I feel much better now about what I should be looking for as I monitor my blood sugar and much more equipped to manage the condition.

Jessie says

Throws a wrench into everything the diabetic educators say...which is kind of even more overwhelming but also totally makes sense.

Laura says

Practical and straightforward with lots of research

Very practical dietary recommendations to help manage blood sugar and weight, pregnant or not. My only wish is if she included more snack ideas and recipes in the actual book.

Julie says

Good if you haven't already read up on GD.

Good if you haven't already read up on GD. Nothing really new here. Mirrored the information given to me by my specialist but with more detail.

Natalie says

Didn't have GD, but wanted to read it anyway. At least someone out there is speaking sense about gestational diabetes diet.

Elisabeth says

This book reaffirmed much of what I already knew about diet controlling GD. I especially appreciated the meal plans and recipes. I wish it was published commercially, because I think there is so much good information here!

Margaret Fogarty says

Super informative and helpful! I read this right after getting diagnosed, but before meeting with the diabetes counselor at the hospital - she was pleased with how much I knew about GD and agreed that the suggestions in the book will be good to follow. I really appreciated the personal stories sprinkled throughout the book! I wish the recipes came with nutritional values, but it's not too hard to calculate them on your own.

Samantha says

It's alright, I wish it had more recipes in it though.

Joy says

Empowerment for Women With Gestational Diabetes

I was just diagnosed with gestational diabetes and am not going to be given any specifics until my next appointment with my OB in September. I've been trying to find as much information about this and stumbled upon this book in my travels on the internet. I'm so glad I did because this gives a very comprehensive background and variation in treatment plans. I only wish there were more recipes! Apparently there are more on the author's website so I'll be sure to check that out along with her Facebook group I joined.

Valerie says

My first reaction when I was diagnosed with GD was “what the heck”?

My first reaction when I was told by my educator and dietitian that I would need to eat a minimum of 175g of carbs daily was, I believe, “what the friggin he*!?!?!

I don't have the typical GD profile: I gained very little weight despite starting at a healthy though lowish weight (11 lbs in 30 weeks, without restricting of course), don't pee all the time, am not thirsty, baby is in the 25th percentile (so not chubby!) and don't crave nor consume crazy amounts of sugary foods.

Getting diagnosed was a total shock. Being told about the guidelines for women with GD was even more of a shock. Maybe for someone who eats bread thrice a day, pasta for lunch and rice for dinner, dropping to 175g of carbs daily might help. For someone who doesn't, it makes no sense to suddenly add that amount of carbs to her diet.

So I went on a hunt for information and was so very glad to find this book! It is very informative and i love that the author cites studies (means more ammunition in case my educator, dietitian or endocrinologist gives me hell over the fact that I'm not eating their 175g of carbs daily!).

Sure she goes into some subjective stuff here and there but overall this book was a great read. I wish there were more recipes but apart from that it is awesome!

Lexi Zuo says

Super helpful to learn what/how to eat to control my gestational diabetes.

Victoria says

Any one in pregnancy should read this book!

After facing a surprise diagnosis of GDM I had to dig deep to find any information with studies done earlier than 1969. After feeling on my own and lost even with my providers help this book has been eye opening.

All of the facts I had researched were in here in an easy to read down to earth way. I feel confident that I have all of the materials and the facts to face GDM and stay off of medication for as long as possible. Honestly so grateful I found this I'll definitely be giving a copy to my midwife and my dietitian to help other Mom's out of the confusion.
