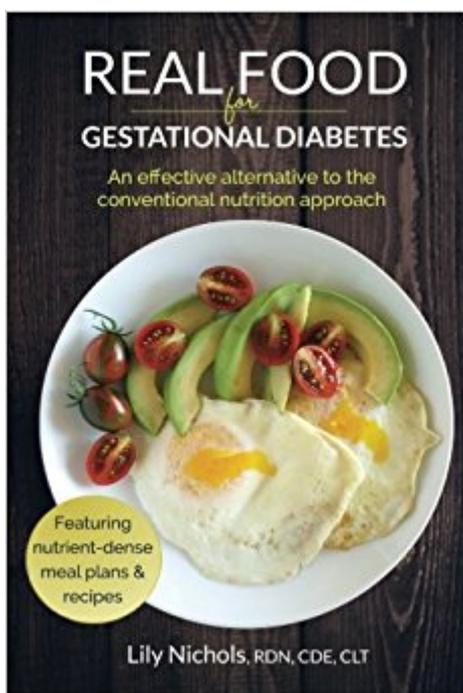


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# Real Food For Gestational Diabetes: An Effective Alternative To The Conventional Nutrition Approach



## Synopsis

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 sugar numbers. 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

## Book Information

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## Customer Reviews

At last, a book that challenges the outdated conventional gestational diabetes diet and provides an evidence-based, common sense approach to managing it with real food. - Robb Wolf, NYT Best-Selling Author, *The Paleo Solution* As a dietitian, it is so refreshing to see a colleague think outside the (cereal) box and propose a different, natural solution. - Aglaee Jacob, MS, RD, Author, *Digestive Health w/ REAL Food* This book should be required reading for all women with GDM, as well as all dietitians and certified diabetes educators. - Franziska Spritzler, RD, CDE, *Low Carb Dietitian, LLC*

Lily Nichols is a Registered Dietitian/Nutritionist, Certified Diabetes Educator, Certified LEAP Therapist and Certified Pilates Instructor whose approach to nutrition embraces real food, integrative medicine, and mindful eating. Her fascination with the dietary practices of traditional cultures combined with an abnormal love for medical research, especially regarding prenatal nutrition, has led her to become one of the country's most sought after real food for pregnancy experts. Lily has worked at the public policy level with the California Diabetes and Pregnancy Program: Sweet Success to update the nutritional and exercise guidelines for care as it relates to gestational diabetes, worked clinically with hundreds of women with gestational diabetes, and has helped train thousands of medical professionals on the subject of diabetes during pregnancy. Lily is also a regular speaker on a wide range of topics relating to prenatal nutrition and exercise. For more about managing gestational diabetes with real food, including an exclusive free video training from Lily, visit [RealFoodforGD.com](http://RealFoodforGD.com).

I purchased this book while looking for research-backed approaches to GD that made more sense to me than the "because I said so" information given by my endocrinologist. This book did not disappoint! The information is clear, supported, and logical. I feel much more in control of my GD after having read this. I highly recommend you read this book if you are looking to better understand GD and are hoping to manage it with diet and exercise rather than jumping right to

insulin, metformin, or glyburide.

Overall, this book is great for someone diagnosed with gestational diabetes that wants more information. There are many references to researched articles, and the book is an easy read. While the book was helpful to better understand gestational diabetes, I was disappointed with the lack of recipes in the book and that the ones included did not list nutritional information. My regional OB practice has a wonderful staff dedicated to gestational diabetes so most of the information in this book was similar to what they said. However, if you do not have access to diabetes education counselors and registered dietitians that can assist you with gestational diabetes, I think that this book would be really helpful.

I'd recommend this for any pregnant woman and her significant other. It's very informative regarding some of the nutritional needs during pregnancy and eating healthy in general. A definite must-read for someone with gestational diabetes. The information given is really helpful in knowing how to create meal plans and choose the right food to have healthier blood sugar levels.

As a Registered Dietitian and Certified Diabetes Educator, I was really looking forward to reading Lily's book. I always felt that standard diet practices for GDM were a little too high in carbs and never focus on food quality. But, Lily showed me in her book that this can be different. A focus on real food and slightly lower carbohydrates can actually help improve blood glucose numbers and result in a successful pregnancy. I also love the chapter about high quality foods to include during pregnancy, which can be applied to anyone thinking of getting pregnant! Definitely recommend this book for any woman who is expecting, even if they don't have GDM!

This book is fantastic! It simply and clearly breaks down your diagnosis and then tells you what to do to control your blood sugar. The diet is extremely reasonable to follow and does not make you feel deprived. The diet is very nurturing for pregnant women and is clearly set forth with examples and some recipes (wish the author had provided more recipes). She emphasises the importance of protein and fat in your diet to help control your blood sugar. Vegetables take a good portion of your diet as well. It is clearly explained what satisfying foods you can eat as much as you want of and provides a long list of satisfying snacks that are split up into 2 categories. One won't raise your blood sugar and the 2nd will raise your blood sugar a little. There is no calorie counting, only carb counting which she clearly shows how to do and provides portions of popular carbs. The author,

Lily, is an experienced dietitian that also provides up to date information on your condition and what healthy blood sugar limits you should set for yourself. If you have been diagnosed with gestational diabetes (even a mild case), then I definitely recommend this book. Update: I had my baby and the little bundle was perfectly healthy in both weight and length (6 lb. 9 oz., and 20.5 in. long). My Baby was born full term. The glucose testing the first 12 hours of the baby's life came out perfect with no problems.

I am so happy I found this book, it completely changed the course of my gestational diabetes diagnosis. On the advice of the nutritionist I saw, I would have had to be highly medicated with uncontrolled diabetes. This book helped me find a natural way with lifestyle changes. I even plan to keep a lot of what I have learned after the baby is born. I hope that this information gets spread through the conventional nutrition and medical profession. My care providers were very happy with how I learned to control my glucose numbers. I would not have known had I not found Lily and her book.

Awesomely useful information. It's nice to hear dietary advice that does not recommend things such as the "perfect bedtime snack for a GD mom"- a root beer float made with low-fat ice cream in diet root beer. That's exactly what the last hospital based dietitian advised me, and that's not even food! Ms. Nichols has put me on the right path to managing my GD, one that fits with my preferences for whole foods. I am simply limiting the carbohydrate intake, and changes are happening for the better immediately. Thank you, Lily Nichols!

...if diagnosed with gestational diabetes. I could have saved days of unsuccessful online research had I had this book earlier. Amazing guidance if insulin is not your first choice and you are not happy with traditionally recommended diet. Simple, yet with reference to scientific studies should you need evidence and facts.

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