



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

*Nina Planck*

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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.



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know. You are and so out of date, spending your extra time by reading in this completely new era is common not a nerd activity. So what these guides have than the others?

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