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# Healthy You, Healthy Baby: A Mother's Guide To Gestational Diabetes By The Doctor's Dietitian



## Synopsis

Healthy You, Healthy Baby: A mother's guide to gestational diabetes empowers women with the information they need to ensure that gestational diabetes will not adversely affect their pregnancy or baby in the future. Healthy You, Healthy Baby diffuses the fear and concern women experience when diagnosed with gestational diabetes and inspires them to make life-affirming choices both for themselves and their children. It is simple, concise, and friendly, with beautiful photography, attractive format and reassuring vignettes. Healthy You, Healthy Baby will give you information on: How to manage your food and specifics on how to balance your diet Checking your blood glucose levels and strategies for keeping them normal Helpful hints on supplements, exercise and lifestyle Tips on managing salty and sweet cravings Don't miss out on this cutting edge and first of a kind guidebook on gestational diabetes endorsed by the Harvard School of Public Health's chair Michelle Williams

## Book Information

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## Customer Reviews

I was diagnosed 1.5 weeks ago and got this book last night from . It is an excellent and informative read. It is positive, practical, and answers real questions. I was pleased with the amount of helpful information and suggestions. Plus, the format makes it easy to read - it breaks up the subject matter by chapters and you can skip what doesn't apply to you. I would buy this again, most certainly. It is a little spendy considering it is only 76 pages including a glossary, but the value of the information and peace of mind it brought me was well worth the \$17.00. I hope you enjoy it.

I don't often write reviews, but after having been diagnosed with gestational diabetes about a month ago and not getting an appointment with the dietician for two weeks, I was desperate for some guidance. This book was actually even better than the dietician and has been my reference for how to eat. I cannot say enough good things about it. I don't think I could have gotten along without it. By following all of the suggestions here, my blood sugars have been well controlled and I've avoided needing any medication.

I was diagnosed with Gestational Diabetes at 31 weeks and was devastated. I am already Coeliac (gluten intolerant) and the prospect of having to make even more changes to my already limited diet was overwhelming. I already eat so well - why did this happen to me? Susan's book was exactly what I needed to get me on the right track. I very quickly realised that I wouldn't have to make huge changes to my diet, but it was more about how I structured my meals. As a result, my daytime readings have been within range and my obstetrician has been very happy, but unfortunately my fasting bloods have remained uncontrollable and have resulted in the need for medication. I cannot praise Susan's book high enough! I will recommend it to anyone with GDM because of its invaluable advice and straightforward approach.

What initially attracted me to Susan's first book, *A Recipe For Life*, were the beautiful colorful photos and gorgeous layout. Then, as I flipped through, I loved the easy-to-read flow. Finally, after reading *A Recipe For Life*, it was the content that made the book complete. *Healthy You, Healthy Baby: A Mother's Guide to Gestational Diabetes by the Doctor's Dietitian* is another masterpiece by Susan. I have been teaching gestational diabetes nutrition classes for fifteen years and this is, by far, the best book for moms-to-be with gestational diabetes. Following a nutrition plan to control blood sugar can be overwhelming for expecting moms, but Susan's warm and friendly presentation makes this book an easy and enjoyable read. It also fits very easily into a purse, which is great for moms who want to have their guide with them while grocery shopping or eating out. I'd highly recommend this book for moms with gestational diabetes and for dietitians who are teaching nutrition for gestational diabetes.

This was a very basic introduction to gestational diabetes and contained much of the same information I received from my diabetes counselor. I was hoping for something with a little more substance. Reading it did help me keep on track with my blood sugar numbers though - it was kind

of a reinforcement that I was doing it right.

This is by the best book on GDM I have read with very clear, specific guidelines and explanations. This is my third pregnancy with gestational diabetes and I finally have answers to questions I have wondered about throughout the other two.

The author of this book keeps Gestational Diabetes really simple to understand and manage. She starts with an introduction, then delves into the GDM diet and its various components, followed by checking your glucose levels and managing them, she then gives a chapter on helpful hints, then a chapter on managing cravings, then a chapter on medications, and then finally closing thoughts. While the book is only 69 pages long it tells you what you need to know without overwhelming you with a bunch of irrelevant information. I would recommend this book to any woman with GD or want to understand it.

I really enjoyed Susan Dopart's first book, A Recipe for Life by the Doctor's Dietitian, and still frequently use many of her recipes. While pregnant with my second child, I learned she had written a follow-up book focused on gestational diabetes and was eager to check it out. Even though I did not have gestational diabetes, I found it to be a great resource. Susan's book provides a lot of valuable information and helpful tips that allowed me to maintain a healthy diet and lifestyle both during and after my pregnancy. I highly recommend Healthy You, Healthy Baby to all moms to be-- thanks, Susan!

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