



Justin's Nut Butter 5 Ways to Eat Healthy While You're Pregnant in



"This means choose organic, non-GMO, whole foods without chemicals. Craving something sweet? Try... Justin's Nut Butta on a banana..."

- Ashley Koff, R.D. November 2011



5 Ways to Eat Healthy While You're Pregnant



mom energy

ASHLEY KOFF, RD
KATHY KAEHLER

Courtesy Hay House

When mom-to-be **Emily Deschanel** decided to **maintain her vegan diet** during pregnancy, she turned to dietician **Ashley Koff** to learn which foods and beverages would best help her growing pregnant body get the necessary nutrients.

"What we want to do is give the body just enough energy so that it performs well," says Koff, who recently released a new book *Mom Energy: A Simple Plan to Live Fully Charged*.

And that includes everything from choosing quality foods to avoiding calorie counting.

Still confused? Lucky for us (and you!), Koff shared her top five ways to eating healthy while pregnant to give you a clearer picture.

Check them out below.

Be a Qualitarian. Yes, there will be cravings. Yes, fatigue and managing an ever-expanding waistline may have you grabbing quick food fixes. Yes, your body may be averse to anything green, and you may want to live on white food. But, no matter how tired you are or how unsettled your stomach feels, remember that every bite you take in is building part of your baby and rebuilding you so it's critical that every bite be the best quality possible.

To read more visit:

<http://celebritybabies.people.com/2011/11/15/ashley-koff-tips-to-eating-healthy-while-pregnant/>