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A departure from its predecessor, What to Eat When You're Expecting, which has 976,000 copies in print, Eating Well loses the whole-wheatier-than-thou attitude, and comes with a light, reader-friendly tone while delivering the most up-to-date information.

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With over 1.4 million copies in print, What to Expect: Eating Well When You're Expecting is the essential companion to What to Expect When You're Expecting. This cover-to-cover update provides a fresh, fun, realistic, and body-positive approach to help moms-to-be navigate healthily and tastily through the nine months of pregnancy—at home, in the office, over the holidays, in restaurants.

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