

# Why The Conventional Pregnancy Wisdom Is Wrong And What You Really Need To Know

Being pregnant is an exciting and transformative period in a woman's life. It is a time filled with joy, anticipation, and sometimes a little bit of anxiety. Throughout the years, society has perpetuated certain beliefs and guidelines when it comes to pregnancy, shaping what we consider to be conventional pregnancy wisdom. However, it is important to challenge this conventional wisdom and seek out the truth about what you really need to know during pregnancy.

## The Myth of "Eating for Two"

One misconception that has prevailed in pregnancy culture is the idea of "eating for two." Many people believe that pregnant women should double their food intake to ensure proper nourishment for both themselves and the growing fetus. However, this belief is not entirely accurate.

Experts in the field of prenatal nutrition agree that pregnant women only need to consume an additional 300-500 calories per day. This modest increase ensures that both the mother and baby receive adequate nutrients without promoting excessive weight gain, which can lead to complications during pregnancy and childbirth.



## Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong--and What You Really Need to Know (The ParentData Series Book 1) by Emily Oster(Kindle Edition)

★★★★☆ 4.7 out of 5



Instead of focusing on quantity, it is crucial to prioritize the quality of the food you eat during pregnancy. A well-balanced diet that includes plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats is key to ensuring the proper development of your baby.

## **The Importance of Exercise**

Another misunderstood aspect of pregnancy is the role of exercise. Many women are misled to believe that pregnancy is a time to be sedentary and avoid physical activity. However, this is far from the truth.

Unless advised otherwise by your healthcare provider, exercise is a beneficial and necessary component of a healthy pregnancy. Regular physical activity can improve circulation, reduce pregnancy discomfort, boost mood, and promote better sleep. It can also help prepare your body for the physical demands of labor and childbirth.

Engaging in low-impact activities like walking, swimming, and prenatal yoga can be extremely beneficial. However, it is crucial to listen to your body and modify your routine as needed. Avoid high-impact or contact sports that may pose a risk to your pregnancy.

## **The Role of Stress and Mental Health**

Pregnancy is not just about physical health; it also encompasses emotional well-being. Unfortunately, conventional wisdom often overlooks the impact of stress and mental health during pregnancy.

It is essential to prioritize self-care and manage stress levels during this transformative time. High levels of stress can negatively affect both the mother and baby, potentially leading to complications. Seeking support from loved ones, practicing relaxation techniques, and considering therapy are all beneficial ways to maintain mental and emotional well-being.

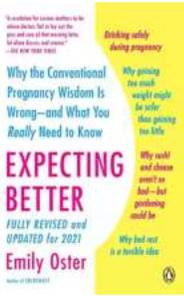
## **Empowering Pregnant Women with Knowledge**

Challenging the conventional pregnancy wisdom is about empowering pregnant women with accurate information. By debunking myths and misconceptions, we can help women make informed decisions about their health and the well-being of their babies. It is crucial to consult with healthcare professionals, read reliable sources, and trust your instincts as you navigate through your pregnancy journey.

Remember, every pregnancy is unique, and what may work for one person may not work for another. It is crucial to prioritize your own well-being and listen to your body's needs throughout this transformative period in your life.

As society evolves, so should our understanding of pregnancy. It is time to challenge the conventional pregnancy wisdom and seek out accurate information that empowers women to make informed decisions about their health and well-being. By focusing on a balanced diet, maintaining regular exercise, and prioritizing mental health, you can ensure a healthy and fulfilling pregnancy journey. Let go of the myths and misconceptions and embrace the truth about what you really need to know during pregnancy.

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Wisdom Is Wrong--and What You Really Need to Know**



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“Emily Oster is the non-judgmental girlfriend holding our hand and guiding us through pregnancy and motherhood. She has done the work to get us the hard facts in a soft, understandable way.” —Amy Schumer

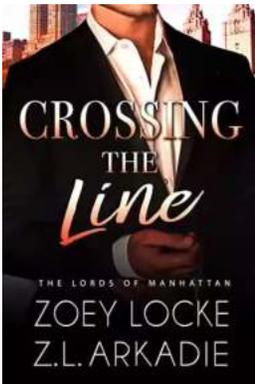
\*Fully Revised and Updated for 2021\*

What to Expect When You're Expecting meets Freakonomics: an award-winning economist disproves standard recommendations about pregnancy to empower women while they're expecting. From the author of Cribsheet and The Family Firm, a data-driven decision making guide to the early years of parenting

Pregnancy—unquestionably one of the most profound, meaningful experiences of adulthood—can reduce otherwise intelligent women to, well, babies. Pregnant women are told to avoid cold cuts, sushi, alcohol, and coffee without ever being told why these are forbidden. Rules for prenatal testing are similarly unexplained. Moms-to-be desperately want a resource that empowers them to make their own right choices.

When award-winning economist Emily Oster was a mom-to-be herself, she evaluated the data behind the accepted rules of pregnancy, and discovered

that most are often misguided and some are just flat-out wrong. Debunking myths and explaining everything from the real effects of caffeine to the surprising dangers of gardening, *Expecting Better* is the book for every pregnant woman who wants to enjoy a healthy and relaxed pregnancy—and the occasional glass of wine.



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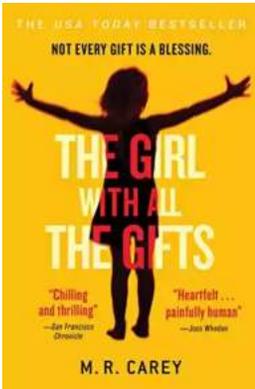
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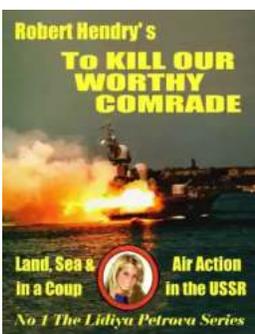
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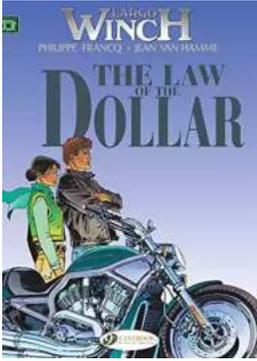
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