

EDITOR'S SPOT



HAPPY HOLIDAYS

By Judith Riddle

Christmas is fast approaching, and many of you—clients included—are shopping for gifts and healthful foods in preparation for the big day. But whether you celebrate Christmas, Hanukkah, or Kwanzaa, I wish all of you a happy, healthful holiday season.

Our cover story, "Preparing for a Delicious Gluten-Free Holiday," provides practical advice to help celiac patients enjoy the season like everyone else at office parties and family get-togethers without the fear of eating the wrong thing. Dietitians discuss ways to overcome the challenges celiacs face during the holidays and the foods they should and should not eat. There are special recipes for gluten-free holiday goodies, a list of gluten-free desserts, and gluten-free stocking stuffer ideas.

If you noticed, I changed my photo for this month's column to illustrate a topic near and dear to my heart: nutrition and pregnancy. No, I'm not pregnant. This photo was taken 16½ years ago when I was expecting my son, Miles. In "Ensuring the Health of Expectant Mother and Baby," page 30, dietitians



discuss the latest research on the nutrition requirements and proper weight gain parameters that will help ensure the health of a mother and her newborn.

A statement from the Institute of Medicine (IOM) says, "To improve maternal and child health outcomes, women not only should be within a normal BMI range when they conceive but also should gain within the ranges recommended in the new guidelines." The new IOM guidelines state that normal weight pregnant women should gain 25 to 35 lbs; overweight women, 15 to 25 lbs; and obese women, 11 to 20 lbs. Expectant mothers who gain beyond these parameters put themselves at risk for pregnancy-induced hypertension, gestational diabetes, and cesarean delivery. And they put their babies at higher risk for obesity, type 2 diabetes, and cardiovascular disease later in life. So eating healthfully during this special time in life is imperative.

The good news is that dietitians have an incredible opportunity to make a positive impact in the lives of pregnant women who struggle with their weight. You can give them practical tips on how to eat healthfully and strategies for maintaining a healthful weight. Your expert counsel and encouragement can help ensure expectant mothers and their babies live healthier lives in the years to come.

Please enjoy the issue!

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