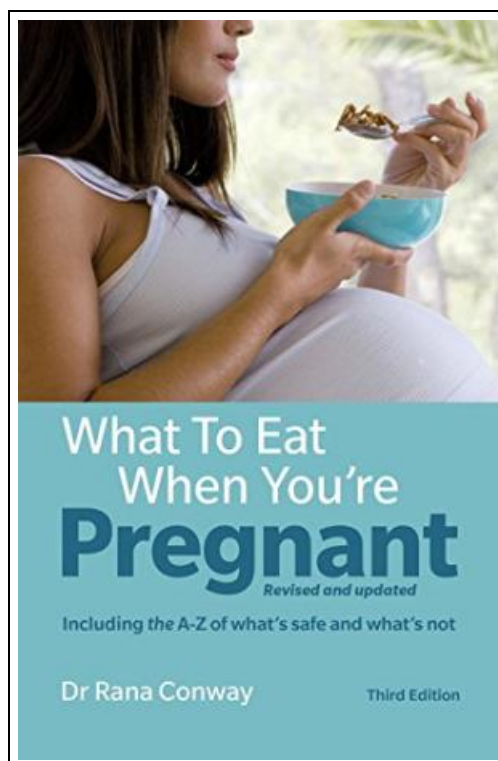


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Pearson Education Limited, United Kingdom, 2016. Paperback. Condition: New. 3rd New edition. Language: English . Brand New Book. New 3rd (2016) edition of this bestselling title, now including the A-Z of what s safe and what s not. ****Now includes healthy eating for gestation diabetes and wheat and dairy-free diets AND a whole new chapter on low GI eating to help you achieve for a healthy weight gain.**** Pregnancy is an amazing time, full of wonder and excitement. But it can be worrying too. You know it s down to you to eat and drink in a way that will keep your baby safe and provide the ideal fuel for growth and development. But for most of us it s far from clear exactly what that means. So what should you eat - and what should you avoid? What s healthy - and what s not? And if there is a risk involved with certain foods, what exactly is the risk and how big is it? What are the nutrients that a growing baby needs and what can you eat to provide them? Do you need to take supplements, and if so, which ones? This handy, compact book is your saviour. It s the definitive healthy eating guide for pregnancy and provides an instant checklist as to what foods are safe and what you should steer clear of. This new edition has been fully revised and includes: * A unique, updated A-Z of food and drink - the ultimate handy, quick reference* Guidelines on alcohol and caffeine, with full explanation* Advice for vegetarian mothers-to-be and those on special diets* Tips on how to handle morning sickness* How to achieve a healthy weight gain and how to lose it sensibly afterwards* Latest research findings on what foods affect a baby s...



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