



Nutrition for a Healthy Pregnancy, Revised Edition: The Complete Guide to Eating Before, During, and After Your Pregnancy

By Elizabeth Somer

Holt Paperbacks. Paperback. Condition: New. 400 pages. Dimensions: 9.1in. x 6.2in. x 1.2in.An updated edition of this definitive guide to dietary health and nutrition for expectant mothersNutrition for a Healthy Pregnancy is a reliable reference for women who want more than just a how to eat guide. Fully revised in a smaller trim size, this edition features new menus and recipes as well as the latest findings on how a mothers nutrition during pregnancy determines her childs risk for heart disease, diabetes, hypertension, and other diseases later in life. Youll find clear explanations of--what foods to avoid and why--the role of vitamins and minerals and how to choose the right supplements--how what you eat affects your labor and delivery--dietary guidelines for pregnant women over thirty-five, as well as for pregnant teens--how diet helps prevent common problems, from morning sickness and food cravings to heartburn and muscle cramps--which foods and nutrients speed your recovery after the baby is born This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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