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What to Eat When You re Pregnant, 3rd edition: Revised and updated (including the A-Z of what s safe and what s not) (Paperback)

By Rana Conway

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...



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