



Expect the Best: Your Guide to Healthy Eating Before, During, and After Pregnancy

By ADA American Dietetic Association

Wiley (TP). Paperback. Book Condition: New. Paperback. 272 pages. A fabulous resource for moms-to-be! In this comprehensive guide to nutrition and health during pregnancy, Ward provides solid, research-based answers to womens most frequently asked questions about diet, exercise, weight gain, and supplements and offers specific advice thats easy to incorporate into your daily routine. - Joy Bauer, M. S. , R. D. , bestselling author of Joys Life Diet and nutritionhealth expert for the Today ShowWard and the ADA serve up practical, easy-to-use advice that is sure to help inform and inspire new and expectant moms. -Laura A. Jana, M. D. , coauthor of Food Fights and Heading Home with Your NewbornAny woman who is even thinking about getting pregnant for the first or third time needs to read this excellent and timely book. Ward has done a fabulous job compiling the most recent scientific evidence about pregnancy and translating it into a fun, easy-to-read book with quick, nutritious, and delicious recipes. -Kathleen M. Zelman, M. P. H, R. D. , Director of Nutrition, WebMDThis book shares a wealth of information that takes into account all the different ways a pregnant woman and new mother lives her life. It might be...

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