



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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