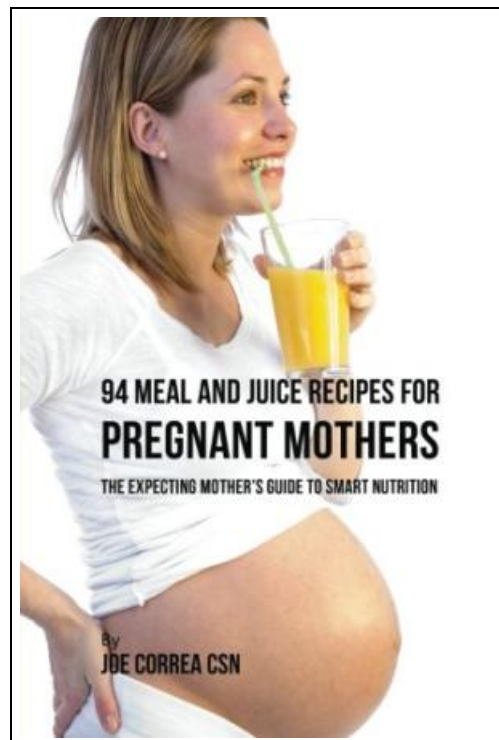


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94 MEAL AND JUICE RECIPES FOR PREGNANT MOTHERS: THE EXPECTING MOTHER S GUIDE TO SMART NUTRITION (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.94 Meal and Juice Recipes for Pregnant Mothers: The Expecting Mother s Guide to Smart Nutrition By Joe Correa CSN Some studies show that pregnant women need more protein, calcium, iron, and folic acid. These nutrients should come from a healthy and well-balanced diet. Your proteins should come from healthy sources like lean meat, fish, poultry, eggs, legumes, and nuts. You have to keep in mind that proteins are builder nutrients and are crucial for organ development, especially the brain and heart. Your body is in a state of constant change and that is completely normal. These changes vary from mood swings caused by hormonal imbalances to morning sickness, and the obvious physical changes that occur in your body. A proper diet is definitely the best thing you can do for yourself at this moment. Don t become the victim of your cravings. Most women fall into the trap of sugar cravings. This will cause even more hormonal imbalances. Instead of candy, choose a healthier option, such as a fruit, since this help you get the right vitamins you and your baby need. These pregnancy meal and juice recipes were created to help you improve your nutrition during and after pregnancy. Enjoy every recipe during this joyous and exciting time in your life.



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