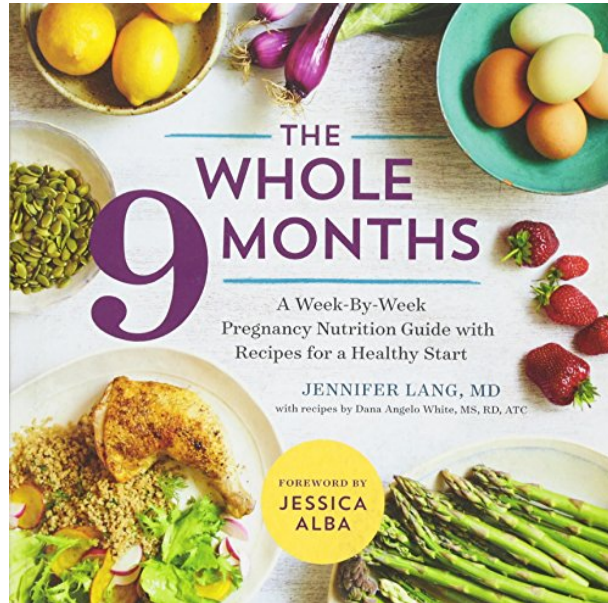


nB6H9 [Download] The Whole 9 Months: A Week-By-Week Pregnancy Nutritional Guide



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When you're eating for two, it's even more important to plan meals with nutrition in mind. New research suggests that you are what your mother ate: what moms eat during pregnancy has lasting effects on the long-term health of their children including brain development and future food preferences. To provide the best for their baby, mothers must make food choices rich in baby-building nutrients. The Whole 9 Months walks readers through every week of their baby's development and introduces health-boosting whole foods and recipes to incorporate into their daily diet throughout their pregnancy. But it can be difficult to be on a wholesome diet when nausea and food cravings and aversions abound. The easily customizable recipes in this book allow readers to make adjustments based on their needs while continuing to grow a healthy baby. Features include: Week-by-week information on fetal development Up-to-date information and research on pregnancy nutrition 100 easy and delicious recipes with calorie counts and nutritional facts Tips for every recipe to adjust to fickle appetites Recipes for a variety of diets including vegetarian, vegan, gluten-free, and gestational diabetes.

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