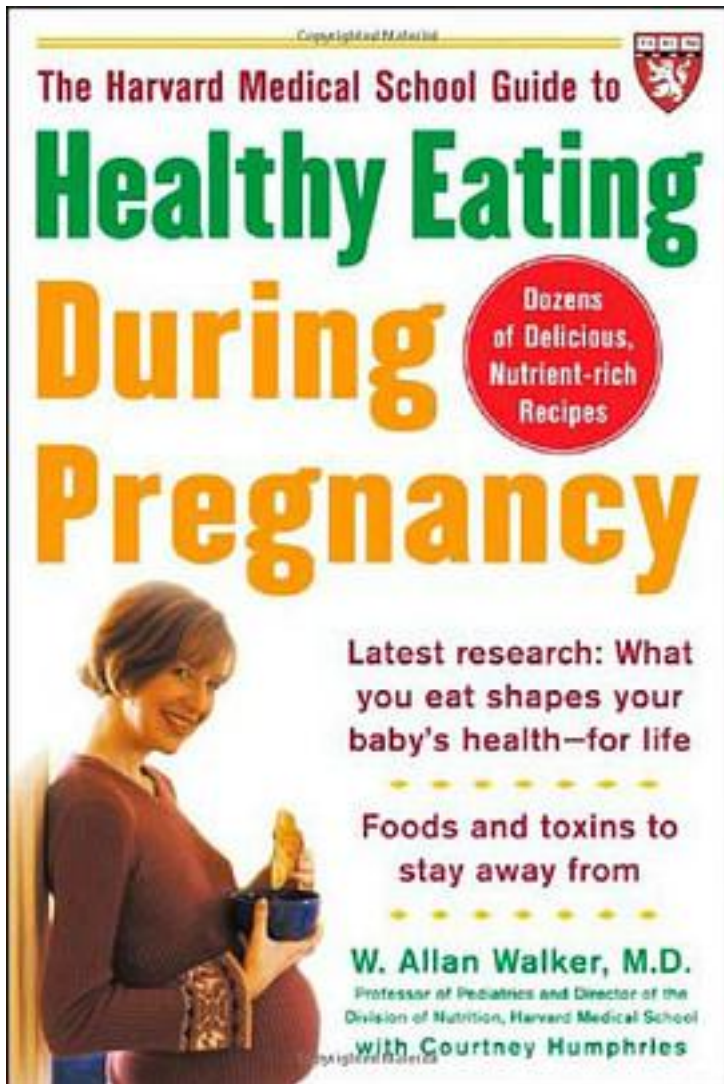


# The Harvard Medical School Guide to Healthy Eating During Pregnancy



[The Harvard Medical School Guide to Healthy Eating During Pregnancy\\_ 下载链接1](#)

著者:Walker, W. A.

出版者:McGraw-Hill

出版时间:2005-12

装帧:Pap

isbn:9780071443326

No strict diets, no scary guidelines--just the essential nutrition expectant moms need to start their babies on the road to lifelong health All parents know that kids need nutritious foods as they grow. But new research confirms that what you eat during pregnancy can also profoundly affect the health of your baby when that baby becomes an adult--for better or for worse. Endorsed by the Harvard Medical School and written by one of the world's leading experts in nutrition for pregnant women and babies, this guide offers more solid information and medically sound advice on prenatal nutrition than any other book on the market. Key features Dr. Walker is a Harvard Medical School professor, a pioneer in the field of paediatric nutrition, and author of Eat, Play, and Be Healthy Includes foods to eat, foods to avoid, exercise routines, and information on how to eat while nursing Offers safe and easy-to-follow guidelines for a greater variety of foods to eat so moms can get the nutrition they need without adhering to a strict or limited diet

作者介绍:

目录:

[The Harvard Medical School Guide to Healthy Eating During Pregnancy 下载链接1](#)

标签

评论

-----  
[The Harvard Medical School Guide to Healthy Eating During Pregnancy 下载链接1](#)

书评

-----

