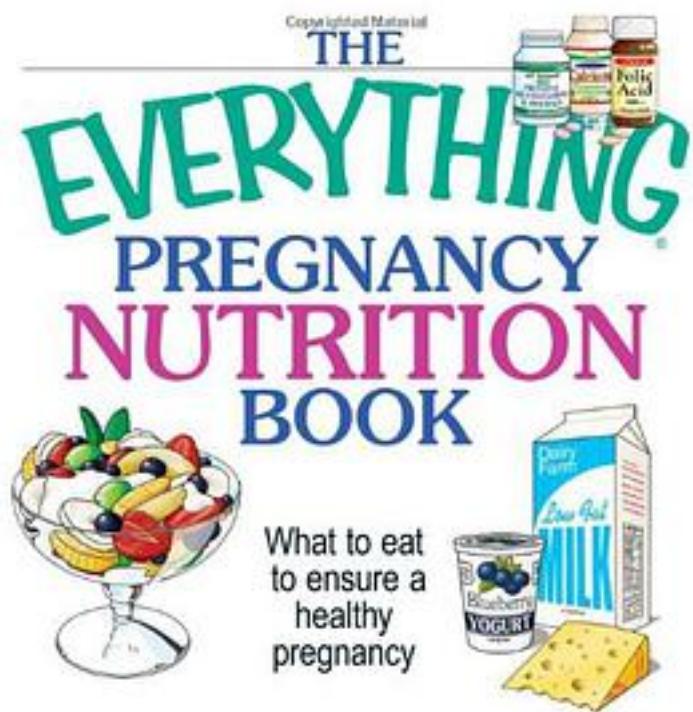


The Everything Pregnancy Nutrition Book



Kimberly A. Tessmer, R.D., L.D.

Forward by John A. Allan, M.D., F.A.C.O.G.

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The Everything Pregnancy Nutrition Book gives mothers expert advice on how to: - Know which vitamins, supplements, and herbs are safe to take- Manage pregnancy weight gain- Measure carbs, protein, fat, and sugar intake- Start baby on a healthy diet

作者介绍:

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