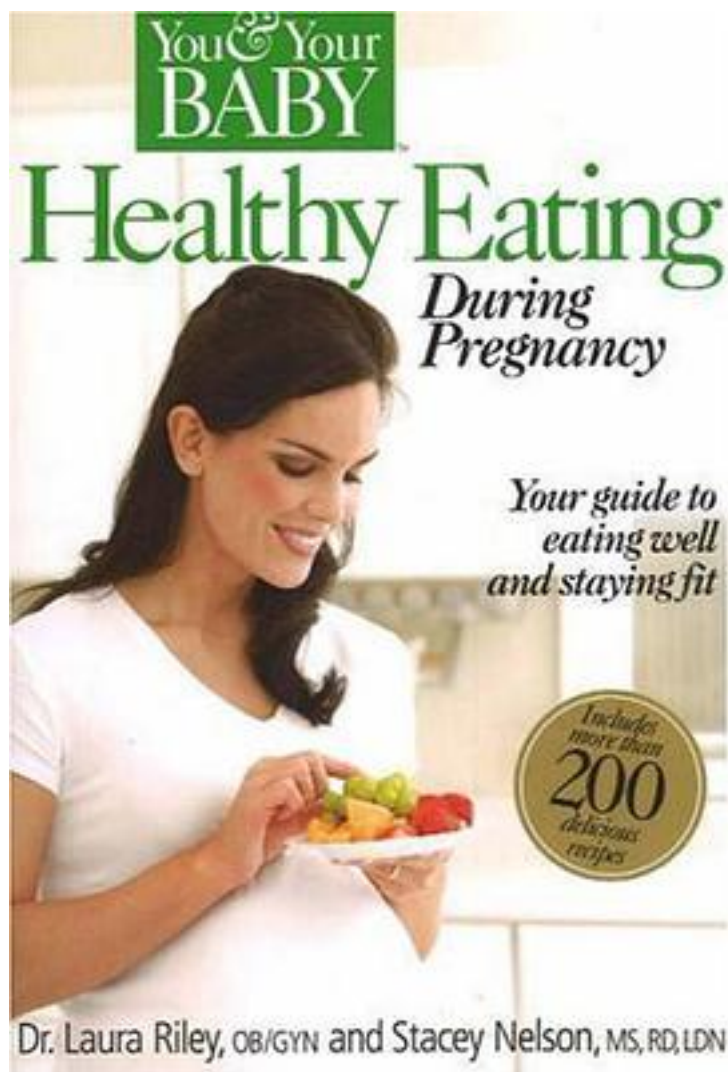


Healthy Eating During Pregnancy



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This is the ultimate guide on optimum nutrition and health for expectant mothers. Its features include: more than 185 test-kitchen-approved recipes - ensuring great taste and success in preparing - including slow-cooker, make-ahead, and quick-and-easy dishes; recipes classified by how they benefit the mom-to-be and baby, such as recipes for high iron, high fiber, high calcium, make ahead meals, and more, making it easy for mom-to-be to identify recipes most appropriate for her individual needs; eating advice for special situations, such as diabetes, food allergies, hypertension, and obesity, as well as high-risk pregnancies; the latest advice on how vegetarian moms can be sure they are getting enough protein and other nutrients; medically sound weight-management guidance as well as how to avoid, or cope with, morning sickness and heartburn; and a special section on exercise during pregnancy.

作者介绍:

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