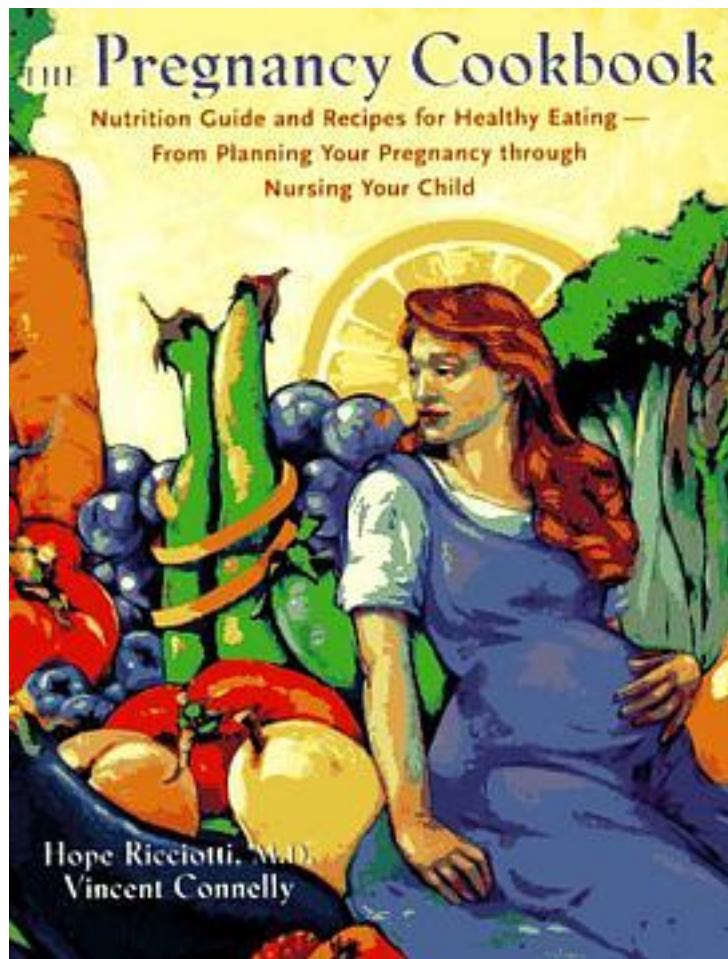


The Pregnancy Cookbook



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Hope Ricciotti combines her experience as an obstetrician with insight from her own pregnancies to provide advice on how to eat for two. She covers nutritional information, including vitamins, iron, folic acid and calcium, while letting you know

which foods are risky, particularly mercury in fish. There are also tips on exercising, morning sickness, fatigue and how to lose weight safely after the baby is born. Dr Ricciotti's husband is Vincent Connelly, a chef, and he has worked with her to create 150 delicious recipes that provide all the nutrients needed during pregnancy. The recipes consider each trimester and a pregnant woman's changing palette, as well as dealing with cravings.

作者介绍:

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