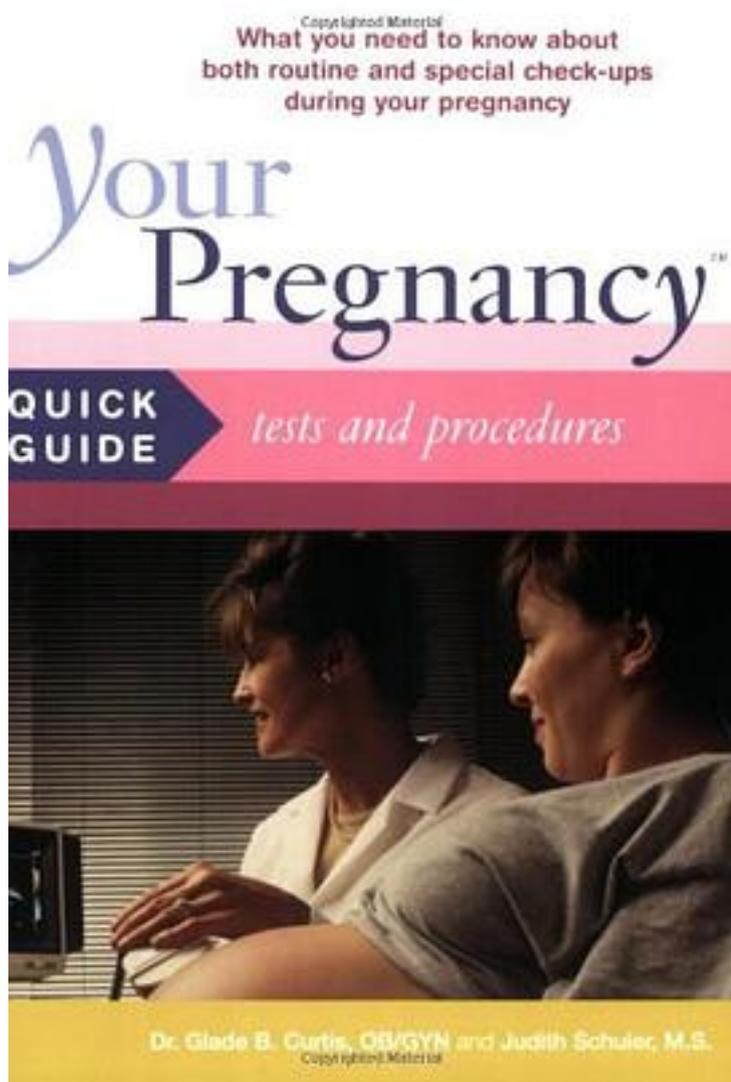


# Your Pregnancy Quick Guide



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著者:Curtis, Glade B./ Schuler, Judith

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Everything you need to know about eating right and staying fit during your pregnancy \*  
Sample meal plans for pregnancy, as well as breastfeeding and bottle feeding mothers

- \* Advice on managing special needs: from cravings to morning sickness
- \* Cooking tips for safe and nutritious meals and snacks
- \* Information on food groups, serving sizes, and suggestions for eating wisely

作者介绍:

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