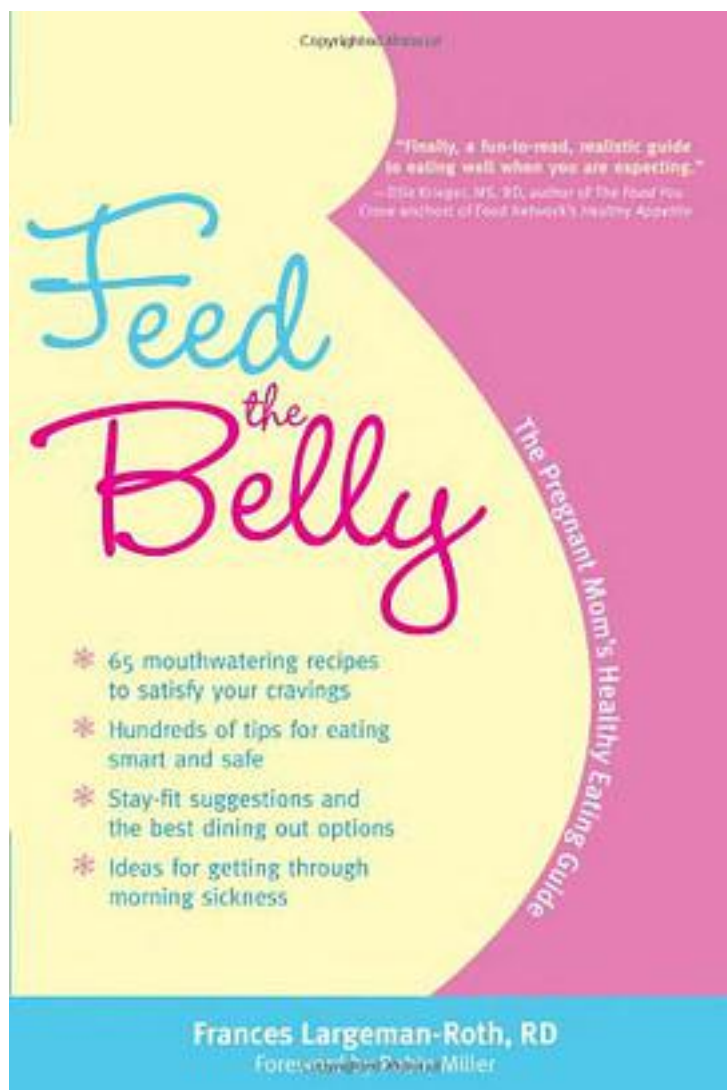


Feed the Belly



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Every expectant mum wants to ensure the best possible health for her baby, and "Feed the Belly" offers comforting answers to the quandaries over what's safe and healthy to eat. Featuring nearly 70 mouthwatering, easy-to-make recipes organized by craving (sweet, salty, meaty, spicy, thirst-quenching), this eating-well guide outlines what you need, pointing out Baby Bonus nutrients in each recipe. "Feed the Belly" also reveals what should (and shouldn't) be on your shopping list, how to choose the healthiest fish, germ-free ways to cook and eat, how much weight gain is appropriate, and nutrition strategies for when you're trying for a bump. It's capped off by a seven-day eating plan, a handbook on healthier fast-food, and tips on sweating for two (yoga poses included).

作者介绍:

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