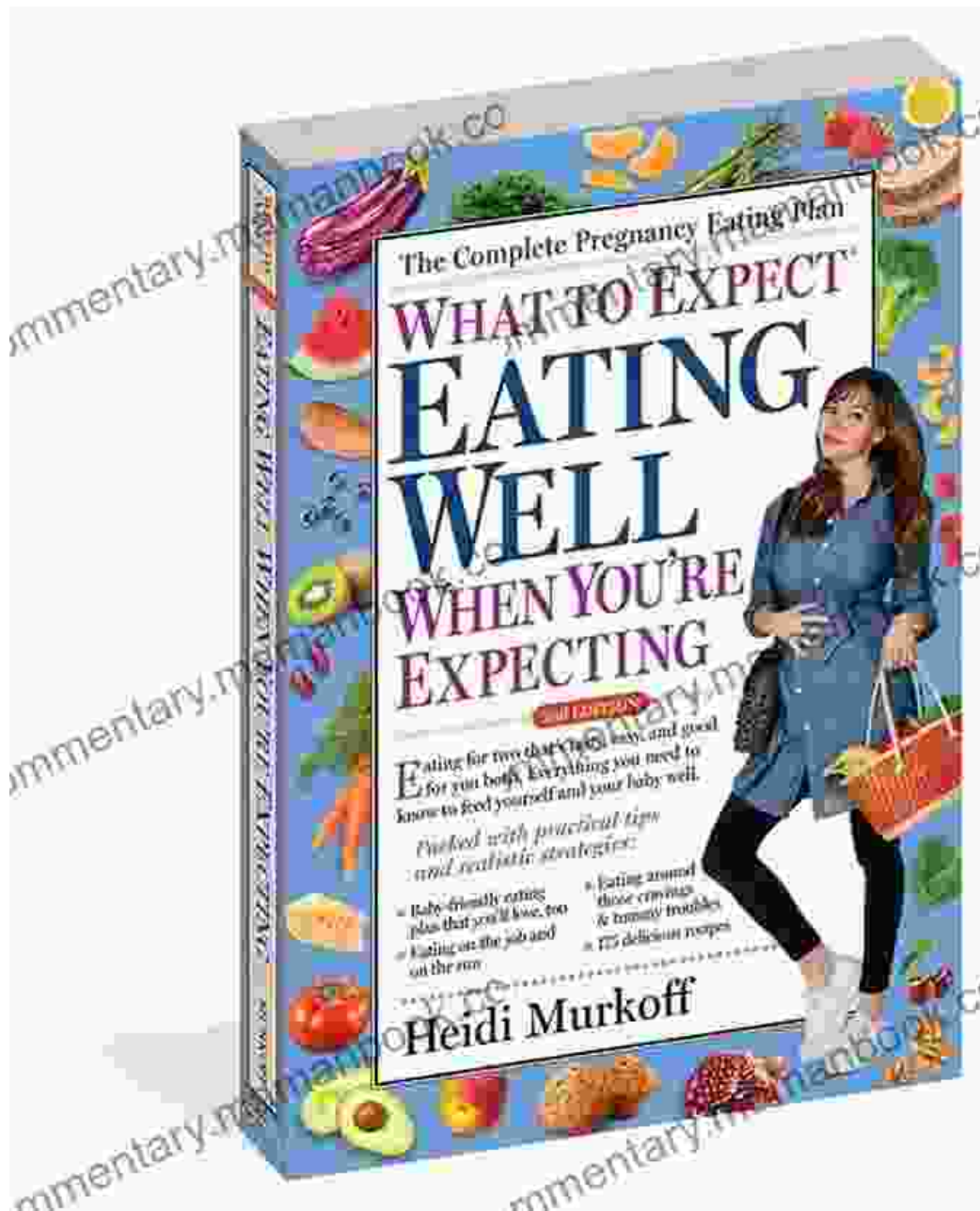


# Eating Well When You're Expecting: 2nd Edition: A Comprehensive Guide to a Healthy Pregnancy



Pregnancy is a time of great change and growth, both for the mother and the baby. It's also a time when it's more important than ever to eat a healthy

diet. The foods you eat during pregnancy can help you stay healthy, have a healthy baby, and reduce your risk of pregnancy complications.



## What to Expect: Eating Well When You're Expecting, 2nd Edition by Heidi Murkoff

★★★★☆ 4.7 out of 5

Language	: English
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Lending	: Enabled
File size	: 2538 KB
Screen Reader	: Supported
Print length	: 398 pages



Eating Well When You're Expecting, 2nd Edition is a comprehensive guide to healthy eating during pregnancy. Written by two registered dietitians, this book provides up-to-date information on the latest nutrition recommendations for pregnant women. It also includes recipes, meal plans, and tips for making healthy eating choices.

### What's New in the 2nd Edition?

The 2nd edition of Eating Well When You're Expecting has been updated to include the latest nutrition recommendations for pregnant women. It also includes new information on:

\* The importance of folic acid \* The benefits of omega-3 fatty acids \* The risks of eating certain foods during pregnancy \* How to make healthy

eating choices on a budget

## Who Should Read This Book?

Eating Well When You're Expecting, 2nd Edition is a valuable resource for any woman who is pregnant or planning to become pregnant. It's also a helpful guide for family members and friends who want to support pregnant women.

## What You'll Learn from This Book

You'll learn how to:

\* Make healthy eating choices during pregnancy \* Get the nutrients you need for a healthy pregnancy \* Avoid foods that can be harmful to your baby \* Make healthy eating choices on a budget \* Find support and resources for healthy eating during pregnancy

Eating Well When You're Expecting, 2nd Edition is a comprehensive guide to healthy eating during pregnancy. It's a valuable resource for any woman who is pregnant or planning to become pregnant.



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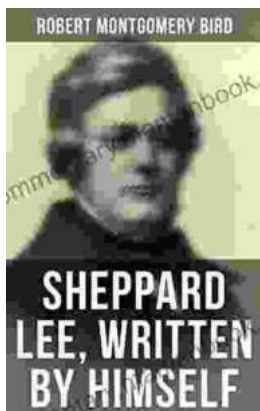
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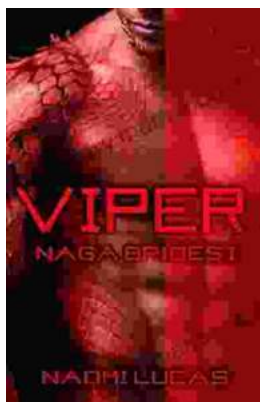
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