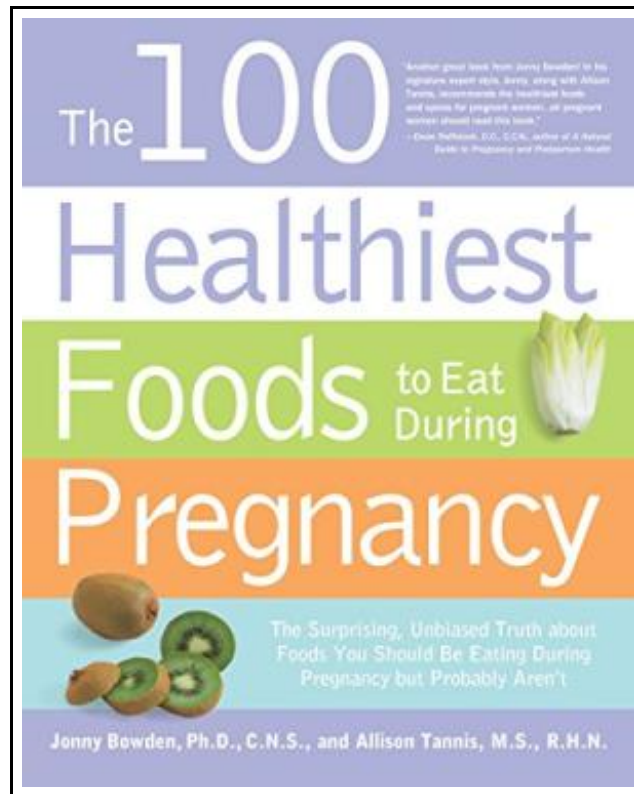


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
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## THE 100 HEALTHIEST FOODS TO EAT DURING PREGNANCY: THE SURPRISING, UNBIASED TRUTH ABOUT FOODS YOU SHOULD EAT DURING PREGNANCY TO ENSURE A HEALTHY BABY

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Fair Winds Press. Paperback. Book Condition: new. BRAND NEW, The 100 Healthiest Foods to Eat During Pregnancy: The Surprising, Unbiased Truth About Foods You Should Eat During Pregnancy to Ensure A Healthy Baby, Jonny Bowden, Alison Tannis, Nutrition is never more critical than during pregnancy. However, many women find the advice given by doctors and health professionals, nutritional guidelines, meal planners to be confusing, complex, uninspiring for the next nine months. This guide makes pregnancy nutrition easy, listing the top 100 foods expectant mothers need to eat during their pregnancy. Backed by the latest nutritional research, this guide debunks previous pregnancy food myths and uncovers a number of surprising food choices that expectant mothers should be eating, but probably are not. So give your child the best start in life by eating correctly from the start of pregnancy right up to birth - Lamb, for instance, is rich in minerals and iron to help with the dramatic increase in blood volume, and your baby's need to make red blood cells; brown rice - a perfect morning-sickness food, bland-tasting yet packed with B vitamins, niacin, magnesium, manganese, phosphorus, selenium; anchovies, packed full of protein and omega-3 fats to develop your baby's brain, whilst leeks are a multivitamin-mineral tablet - calcium, vitamins, A, B, C, and iron, plus fibre, water; cherries that have melatonin to help mothers-to-be to sleep, whilst silica-rich celery helps your skin hold water, keeping it hydrated and healthy whilst it gets pulled to it's fullest extent.

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