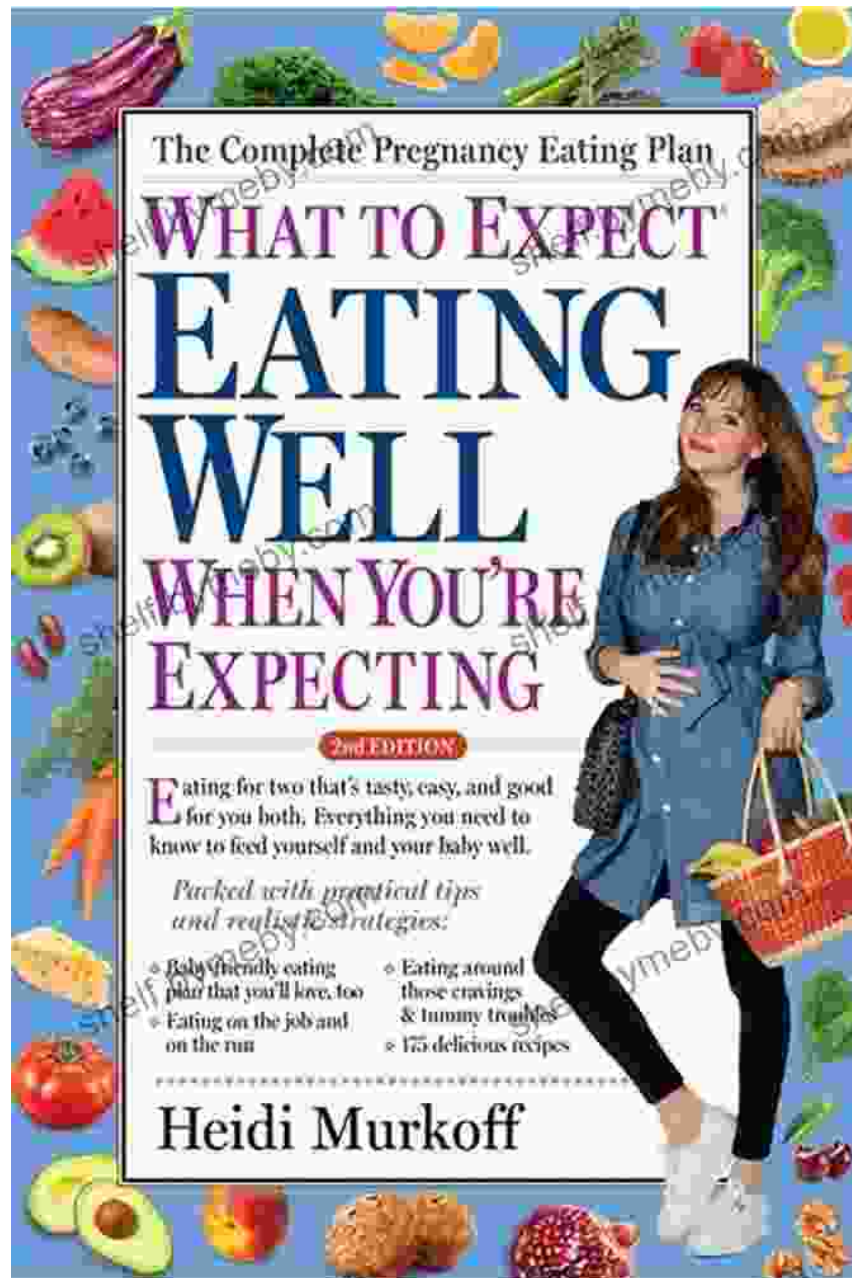
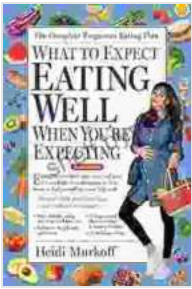


# Eating Well When You're Expecting 2nd Edition: The Essential Guide to Nourishing Your Body and Your Baby

By Elizabeth Ward, MS, RD, CDE





## 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



Congratulations on your pregnancy! You're about to embark on an incredible journey that will change your life forever. One of the most important things you can do during pregnancy is to make sure you're eating a healthy diet. Eating well will help you stay healthy and energized, and it will also help your baby grow and develop properly.

Eating Well When You're Expecting 2nd Edition is the most comprehensive and up-to-date guide to nutrition during pregnancy. Written by a registered dietitian and certified prenatal nutritionist, this book provides evidence-based information on all aspects of nutrition during pregnancy, from the basics of healthy eating to the latest research on specific nutrients and their impact on the developing baby.

In this book, you'll learn about:

- The importance of eating a healthy diet during pregnancy

- The essential nutrients you need during pregnancy and how to get them
- The foods to avoid during pregnancy
- How to make healthy choices when eating out
- How to manage common pregnancy symptoms, such as morning sickness and heartburn
- The latest research on specific nutrients and their impact on the developing baby

Eating Well When You're Expecting 2nd Edition is the essential guide to eating well during pregnancy. This book will help you make informed choices about your diet so that you can have a healthy pregnancy and a healthy baby.

### Free Download Your Copy Today!

Eating Well When You're Expecting 2nd Edition is available now at all major bookstores and online retailers. Free Download your copy today and start eating well for your pregnancy and your baby!

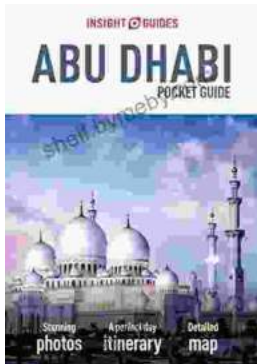


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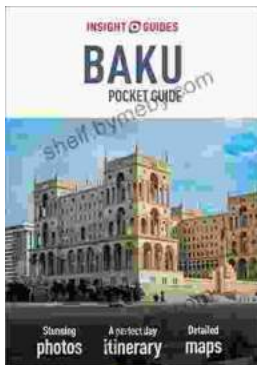
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