

# Nutrition and Pregnancy

A COMPLETE GUIDE FROM  
PRECONCEPTION TO POSTDELIVERY

- ✦ Optimal dietary recommendations for preconception, throughout pregnancy, and breast-feeding
- ✦ Meal planning, food guides, and worksheets for diet, weight, and key nutrients
- ✦ Dealing with common problems such as nausea, swelling, and constipation
- ✦ Menus and recipes for healthy eating



JUDITH E. BROWN, R.D., M.P.H., Ph.D.

FOREWORD BY HOWARD N. JACOBSON, M.D.

# **Nutrition And Pregnancy A Complete Guide From Preconception To Postdelivery**

**Rachel S Tattersall**



## **Nutrition And Pregnancy A Complete Guide From Preconception To Postdelivery:**

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