



## Expect the Best: Your Guide to Healthy Eating Before, During, and After Pregnancy

By ADA American Dietetic Association

Wiley (TP). Paperback. Book Condition: New. Paperback. 272 pages. A fabulous resource for moms-to-be! In this comprehensive guide to nutrition and health during pregnancy, Ward provides solid, research-based answers to women's most frequently asked questions about diet, exercise, weight gain, and supplements and offers specific advice that's easy to incorporate into your daily routine. -Joy Bauer, M. S., R. D., bestselling author of *Joys Life Diet* and nutrition health expert for the *Today Show* Ward and the ADA serve up practical, easy-to-use advice that is sure to help inform and inspire new and expectant moms. -Laura A. Jana, M. D., coauthor of *Food Fights* and *Heading Home with Your Newborn* Any woman who is even thinking about getting pregnant for the first or third time needs to read this excellent and timely book. Ward has done a fabulous job compiling the most recent scientific evidence about pregnancy and translating it into a fun, easy-to-read book with quick, nutritious, and delicious recipes. -Kathleen M. Zelman, M. P. H., R. D., Director of Nutrition, WebMD This book shares a wealth of information that takes into account all the different ways a pregnant woman and new mother lives her life. It might be...



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