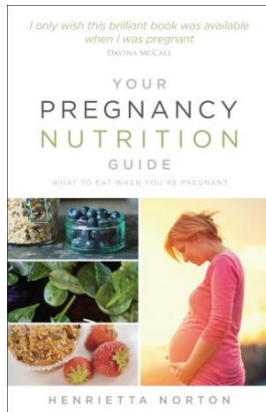


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## YOUR PREGNANCY NUTRITION GUIDE: WHAT TO EAT WHEN YOU'RE PREGNANT



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Your Pregnancy Nutrition Guide: What to Eat When You're Pregnant, Henrietta Norton, Drawing on over a decade of work with mothers-to-be, expert nutritionist Henrietta Norton provides you with clear and practical advice on what to eat during preconception, pregnancy and the early stages of motherhood. You'll find out: what to avoid and which supplements to take; ways to eat a healthy vegetarian or vegan pregnancy diet; which nutrients are important at each...

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