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Nota di contenuto	Healthy eating for two -- A healthy weight gain -- Foods and drinks to avoid in pregnancy -- The who's who of nutrients - what you should eat -- Supplements - who needs what and why -- Common complaints and how to deal with them -- A healthy vegetarian pregnancy -- The A-Z of foods and ingredients -- Breastfeeding - the best diet for you and your new baby -- Preparing for another pregnancy.
Sommario/riassunto	This is the definitive healthy eating guide for pregnancy, providing you with an instant checklist of what foods are safe and what foods you should steer clear of. In this fully revised new edition expert nutritionist and pregnancy specialist Dr Rana Conway provides all the facts and everything you need to know to give your baby the very best start in life.