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	Autore	Derbyshire Emma
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Sommario/riassunto	In a field saturated with complex and conflicting information, this exciting new book covers information about nutrition before, during and after pregnancy in a clear and user friendly style. The author addresses all the major aspects of the subject, moving from fertility and preparing the body for pregnancy, through to nutrient metabolism, diet and pregnancy outcome, weight gain, special needs, and postpartum changes and nutrition. This guide's evidence based approach will appeal to nutritionists and dietitians, and to many other health professionals who work with women in their childbearin