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Soggetti	Pregnancy - Nutritional aspects Exercise for pregnant women
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Nota di contenuto	Fundamentals of healthy nutrition and lifestyle -- Nutritional requirements for pregnancy and breastfeeding -- A healthy lifestyle for a healthy pregnancy -- A management guide-from before conception to weaning
Sommario/riassunto	Explaining the practical implications of new discoveries in life-course biology, this is an informed resource on factors that affect offspring development.