

[PDF] The Whole 9 Months: A Week-By-Week Pregnancy Nutrition Guide With Recipes For A Healthy Start

Jennifer Lang MD, Dana Angelo White MS RD - pdf download free book



Books Details:

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Description:

"I'm thrilled that Dr. Lang has put her valuable knowledge into these pages. With this book in your

hand, you are on your way to putting your health first and setting your baby up for lifelong wellness.”

-JESSICA ALBA, co-founder of The Honest Company

Good For Baby, Good For You

Dr. Jennifer Lang has worked for decades in support of maternal and infant health. As an OB-GYN, activist, and mother herself, she knows the importance of pre-natal nutrition to mother and baby and how overwhelming all of the information available can be. *The Whole 9 Months* is your all-in-one pregnancy book to answer the questions you'll have at every trimester. Through simple nutritional guidelines, up-to-date pregnancy research, and real mom-to-mom advice, you'll discover how easy it can be to make good food choices for your body while growing a healthy, happy baby.

This invaluable pregnancy nutritional guide contains:

- Information on essential baby-building nutrients, daily consumption needs, and where to find them in foods
- More than 100 quick and easy recipes for a variety of diets—including vegetarian, vegan, and gluten-free—with nutritional information for each recipe
- Suggestions and swaps (and other helpful tricks) to combat nausea and cravings
- Eating guides that outline what to eat (or not) while pregnant, best food choices if you have gestational diabetes, foods that stimulate breast milk production, and much more!

“Eating for two” is the most important eating that you'll ever do—and *The Whole 9 Months* is the most comprehensive pregnancy book to help you do it right.

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