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EXPECT THE BEST: YOUR GUIDE TO HEALTHY EATING BEFORE, DURING, AND AFTER PREGNANCY



Wiley (TP). Paperback. Book Condition: New. Paperback. 272 pages. A fabulous resource for moms-to-be! In this comprehensive guide to nutrition and health during pregnancy, Ward provides solid, research-based answers to womens most frequently asked questions about diet, exercise, weight gain, and supplements and offers specific advice thats easy to incorporate into your daily routine. -Joy Bauer, M. S. , R. D. , bestselling author of Joys Life Diet and nutritionhealth expert for the Today ShowWard and the ADA serve up...

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