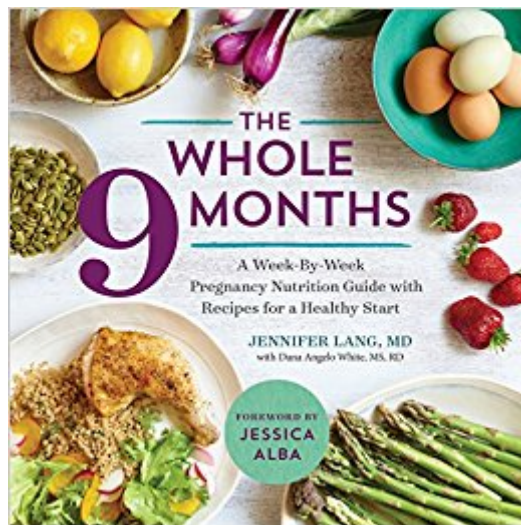


The book was found

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



Synopsis

Iâ™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.

â€œJESSICA 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 youâ™ll have at every trimester. Through simple nutritional guidelines, up-to-date pregnancy research, and real mom-to-mom advice, youâ™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 dietsâ€¢including vegetarian, vegan, and gluten-freeâ€¢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! â€œEating for twoâ€¢is the most important eating that youâ™ll ever doâ€¢and The Whole 9 Months is the most comprehensive pregnancy book to help you do it right.

Book Information

Paperback: 250 pages

Publisher: Sonoma Press (September 20, 2016)

Language: English

ISBN-10: 1943451486

ISBN-13: 978-1943451487

Product Dimensions: 8 x 0.6 x 7.9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Best Sellers Rank: #7,667 in Books (See Top 100 in Books) #22 inÂ Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #429 inÂ Books > Cookbooks, Food & Wine #498 inÂ Books > Parenting & Relationships

[Download to continue reading...](#)

The Whole 9 Months: A Week-By-Week Pregnancy Nutrition Guide with Recipes for a Healthy Start
Pregnancy Week by Week: Guide to Healthy Pregnancy of What to Expect When Expecting for First

Time Moms Your Pregnancy Week by Week, 8th Edition (Your Pregnancy Series) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Natural Pregnancy Cookbook: Over 125 Nutritious Recipes for a Healthy Pregnancy The Natural Pregnancy Book, Third Edition: Your Complete Guide to a Safe, Organic Pregnancy and Childbirth with Herbs, Nutrition, and Other Holistic Choices How to Exercise When You're Expecting: For the 9 Months of Pregnancy and the 5 Months It Takes to Get Your Best Body Back The Pregnancy Journal: A Day-to-Day Guide to a Healthy and Happy Pregnancy The Pregnancy Journal, 4th Edition: A Day-to-Day Guide to a Healthy and Happy Pregnancy Speak in a Week! Italian Week Two [With Paperback Book] (Speak in a Week! Week 2) (Italian Edition) Nutrition for a Healthy Mouth (Sroda, Nutrition for a Healthy Mouth) The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes The Whole Life Nutrition Cookbook: Whole Foods Recipes for Personal and Planetary Health, Second Edition Brown Bag Lunches for Kids: Healthy and High-Nutrition Lunch Recipes for Kids' School Lunches (Healthy Meals & Lunch Recipes) Bro, She is Pregnant: Dad's Week by Week Pregnancy Guide Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Nutrition and Weight Management (Healthy Eating: A Guide to Nutrition) The married woman's private medical companion: Embracing the treatment of menstruation ... pregnancy ... discovery to prevent pregnancy ... to prevent miscarriage or abortion The Married Woman's Private Medical Companion, Embracing the Treatment of Menstruation ... Pregnancy and how it May be Determined .. Discovery to Prevent Pregnancy...Causes and Mode of Cure of Barrenness or Sterility.

[Dmca](#)