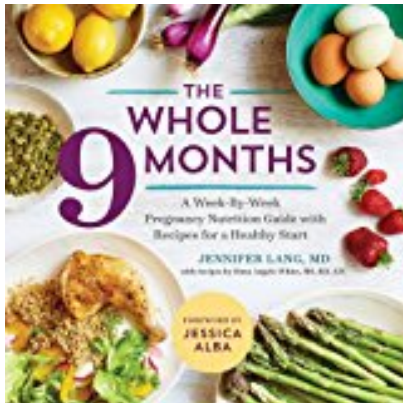


# The Whole 9 Months A Week-By-Week Pregnancy Nutrition Guide with Recipes for a Healthy Start

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## BOOK DETAILS

- Author : Jennifer Lang MD
- Pages : 222 Pages
- Publisher : Sonoma Press
- Language : English
- ISBN : 1943451486

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## BOOK SYNOPSIS

This is a straightforward and supportive week-by-week nutritional guide with recipes that provides exactly what consumers are asking for and not finding in the marketplace: simple, healthy recipes that cover a range of eating preferences and needs (vegan, vegetarian, gluten-free, low sugar (diabetic/GD)); guidance on how nutritional needs change throughout pregnancy; meal planning recommendations; recipe photographs; and above all, solid medical advice and a supportive, upbeat tone to reassure moms during an anxious and exciting time.

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