



What to Eat When You're Pregnant: A Week-by-Week Guide to Support Your Health and Your Baby's Development

Dr Nicole M. Avena

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An approachable guide to what to eat--as opposed to what to avoid--while pregnant and nursing, to support the mother's health and the baby's development during each stage of pregnancy, with 50 recipes.

New research suggests that the foods you eat during pregnancy can have lasting effects on your baby's brain development and behavior, as well as your waistline. Drawing from the fields of medicine, nutrition, and psychology, this easy-to-follow guide, which also includes 50 recipes, gives you a clear understanding of what your body *really* needs and how certain foods contribute to the development of a healthy and happy baby.

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