



Feed the Belly

Frances Largeman-Roth

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"Feed the Belly is overdue! If you are pregnant or living with someone who is, you will find this book to be invaluable to the pregnancy. It has knowledgeable information, great anecdotes, recipes and tips for navigating the challenges and surprises of pregnancy. Feed the Belly can help in creating a happier, healthier journey for the whole family."

—Cat Cora, the first female Iron Chef and author of **Cooking from the Hip**

If you've got a bun in the oven...

Feed the Belly is your healthy eating guidebook.

The only eating guide for expectant moms that helps indulge cravings while giving baby—and mom—the essential nutrients they need, **Feed the Belly** offers a complete look at healthy eating for all nine months. Written by new mom and Health magazine editor and dietitian Frances Largeman-Roth, **Feed the Belly** covers:

- What to eat to get pregnant
- How to pick the right foods to make your baby smarter
- Where to get the nutrients you and your baby need
- Which are the safest seafood picks and when to choose organic
- How to choose the best fast food and easy on-the-go snacks
- Stay-fit secrets (yoga poses included!)
- Get started with a seven-day tear-out eating plan!

With answers to all your pregnancy questions on nutrition, weight gain, food safety, and much more, **Feed the Belly** offers expectant moms something to sink their teeth into.

Includes a foreword by Food Network Star Robin Miller and more than 65 easy-to-make recipes, organized by craving, including favorites from top chefs like Mark Bittman and Gale Gand

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Carol Benally:

Information is provisions for those to get better life, information presently can get by anyone at everywhere. The information can be a knowledge or any news even restricted. What people must be consider when those information which is inside the former life are difficult to be find than now's taking seriously which one is acceptable to believe or which one the resource are convinced. If you find the unstable resource then you have it as your main information you will see huge disadvantage for you. All of those possibilities will not happen inside you if you take Feed the Belly as your daily resource information.

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