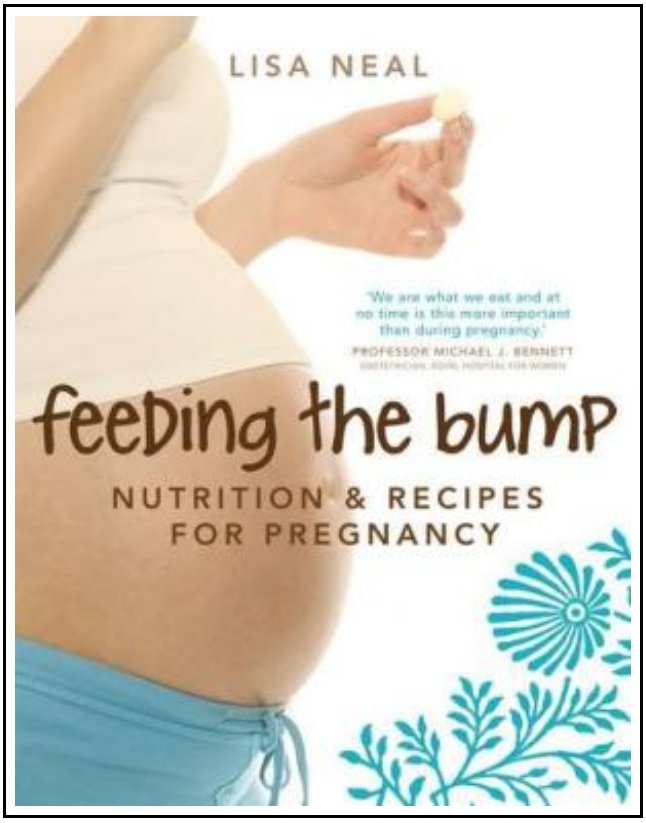
Feeding the Bump: Nutrition and Recipes for Pregnancy



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FEEDING THE BUMP: NUTRITION AND RECIPES FOR PREGNANCY

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Allen & Unwin. Paperback. Book Condition: new. BRAND NEW, Feeding the Bump: Nutrition and Recipes for Pregnancy, Lisa Neal, We all know that old saying 'you are what you eat', but if you're newly pregnant or wanting to fall pregnant, nutrition becomes even more important, both for yourself and your baby. Here, at last, is an essential guide to eating well - for both your baby and you - from preconception to pregnancy and beyond. Divided chronologically into pre-conception, first, second and third trimesters and post-partum/breast feeding, Feeding the Bump provides you with all the information you need about your own and your unborn child's nutritional requirements and the best way to fulfil them. It's packed with useful information and nutrition tips, including tried and true remedies for common complaints such as morning sickness and heartburn, along with over 100 easy to follow and absolutely delicious recipes. This is a must-have resource for all women wanting to maximise their unborn child's health, and their own, through what they eat. 'Every pregnant woman who follows Lisa's advice can be confident she will have done her best for her unborn child.' - Professor Michael Bennett, the Royal Hospital for Women and Head of School, Obstetrics and Gynaecology, University of New South Wales. Feeding the Bump has been an invaluable resource in my pregnancy - it is filled with useful information and tips about diet as well as simple recipes that even I could not get wrong. With so many factors out of my control during this special time in my life, it was comforting to know I was providing a diet rich in the nutrients that would give my bub the best possible start.' - Katrina Warren, TV vet and presenter.

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