



# **As You Eat So Your Baby Grows: A Guide to Nutrition in Pregnancy**

*Nikki Goldbeck*

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# As You Eat So Your Baby Grows: A Guide to Nutrition in Pregnancy

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A concise, 16-page guide to nutrition during pregnancy. Recommended by all major childbirth organizations, including the March of Dimes and the La Leche League. Used by health professionals, clinics, childbirth educators, and hospitals. 600,000 in print.

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