



# The Harvard Medical School Guide to Healthy Eating During Pregnancy (Harvard Medical School Guides)

*W. Allan Walker, Courtney Humphries*

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**The Harvard Medical School Guide to Healthy Eating During Pregnancy (Harvard Medical School Guides)** W. Allan Walker, Courtney Humphries

*No strict diets, no scary guidelines--just the essential nutrition expectant moms need to start their babies on the road to lifelong health*

All parents know that kids need nutritious foods as they grow. But new research confirms that what you eat during pregnancy can also profoundly affect the health of your baby when that baby becomes an adult--for better or for worse. Endorsed by the Harvard Medical School and written by one of the world's leading experts in nutrition for pregnant women and babies, this guide offers more solid information and medically sound advice on prenatal nutrition than any other book on the market.

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