



# Great Stuff to Know: Diet for Fertility & Pregnancy

*Jan Roberts*

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## Great Stuff to Know: Diet for Fertility & Pregnancy Jan Roberts

***Great Stuff to Know: Diet for Fertility & Pregnancy* provides women who are trying to conceive, as well as mums-to-be, with essential information about what to eat and what to avoid to keep mother and baby happy and healthy.**

A woman's dietary needs change when she is trying to conceive, when she is pregnant or when she is breastfeeding. *Great Stuff to Know: Diet for Fertility & Pregnancy* explores all topics such as the presence of chemicals, minerals, vitamins, protein, carbohydrates and fats in the foods we eat, and the affect they have on our bodies and our babies.

We all want to keep ourselves and our babies healthy, and in *Great Stuff to Know: Diet for Fertility & Pregnancy* healthcare expert Jan Roberts shares her quick, nutritious recipes for prospective parents and mums-to-be. If you're trying to conceive, or are already pregnant, this book is an essential addition to your reading list.

*Great Stuff to Know: Diet for Fertility & Pregnancy* is taken from Jan Robert's bestselling *Healthy Parents, Healthy Baby* program.



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