



Eating for Two. by Annabel Karmel

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Every mum-to-be wants to know that she's eating the right things for herself and her baby. Nutrition is vital during pregnancy, and there's a huge amount of conflicting advice out there. For the first time, child nutrition expert Annabel Karmel brings her food knowledge and experience to expectant mothers, guiding you through each stage of your pregnancy and offering tips and advice on what to eat and avoid. From the best foods to eat to promote conception, through ideas for avoiding morning sickness in the first trimester, to the best nutrition to combat sleeplessness, anaemia and heartburn later on, Annabel leads you through your pregnancy and beyond, even suggesting meals to make and freeze ready for when you have your new baby! With Annabel's advice and over 90 fabulous recipes, you can be confident that you are eating the best possible diet for you and your developing baby.

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