

Descargar Libro En Línea PDF Epub Mobi Español Comer Bien Cuando Se Está Esperando - Heidi Murkoff & Sharon Mazel



Descargar libro en línea PDF epub mobi Español Comer bien cuando se está esperando Heidi Murkoff & Sharon Mazel , Con este libro aprenderá a alimentarse de forma sana y sabrosa desde la concepción hasta el parto y durante el posparto, tanto en casa como en el trabajo y el restaurante, durante las vacaciones, e incluso cuando disponga de poco tiempo o presupuesto o cuando las náuseas le impidan comer. Asimismo, aprenderá cómo satisfacer las papilas gustativas y los requisitos nutricionales del bebé en cada comida (y entre horas), mantener a raya el aumento de peso, afrontar los síntomas del embarazo, satisfacer a la gourmet que lleva dentro y nutrirse bien incluso antes del embarazo y después del parto. Además, conocerá todo lo que necesita saber sobre las dietas bajas en hidratos de carbono y vegetarianas, la cafeína, los suplementos vitamínicos y la seguridad alimentaria, entre otros temas. Incluye 175 suculentas recetas, fáciles de preparar y muy nutritivas, ideadas especialmente para la futura madre y su bebé. ¡Buen

provecho!

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