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While it is important to eat a variety of healthy foods, pregnant women should limit or avoid some foods:

- Avoid raw or unpasteurized milk, cheese, and juice because they may have harmful germs.
- Avoid alcoholic beverages. Limit caffeinated drinks such as coffee, tea, sodas, and energy drinks.

Your Guide To Pregnancy

Dear Soon-To-Be Parents, Thank you for choosing Cleveland Clinic for your obstetrics care and to help bring your new little one(s) into the world!

Your Guide to a Healthy Pregnancy

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Please check with your employer early in your pregnancy to acquire all the necessary information and paperwork that may be needed. It is important for you to understand that routine pregnancy is not considered a disability by most insurance companies and it is medically safe and encouraged for you to continue to work up until your delivery date.

Your Guide to Pregnancy

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Your Personal Guide to Pregnancy, 2004, Barbara Dehn, Blue ...

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Health & Baby - Your Guide to a Healthy Pregnancy

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This is so they can organise your NHS pregnancy care (also called antenatal care). Your first appointment with a midwife should happen before you're 10 weeks pregnant. If you're more than 10 weeks pregnant and haven't seen a GP or midwife, contact a GP or midwife as soon as possible.

Your NHS pregnancy journey - Your pregnancy and baby guide

40 Weeks: Devotional Guide To Pregnancy Reviews Back to Your pregnancy and baby guide. The fine hair lanugo that covered your baby's body is now almost all gone, although some 40 Weeks: Devotional Guide to Pregnancy may have small patches of it when they're born. Pregnancy normally lasts about 40 weeks — that's around days

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Fresh, raw fruit is best (1 small apple or ½ cup of chopped fruit is a serving). • 4 to 5 servings of vegetables (1 medium carrot or ½ cup of chopped vegetables is a serving). • 2 to 3 servings of lean meat, fish, eggs, or nuts (a piece of meat the size of a pack of playing cards is 1 serving).

A mother's to pregnancy and birth - VCU Health

Vicki Iovine is the mother of four teenage children. Since the success of The Girlfriends' Guide to Pregnancy, she has gone on to write several books in the Girlfriends' Guide series, has lent her expertise in columns for the Los Angeles Times and Child magazine, and has served as a relationships correspondent for Redbook. She has also been a parenting correspondent on the Today show, Oprah ...

The Girlfriends' Guide to Pregnancy: Second Edition by ...

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