

MARC VIEW FOR ISBN 9780309272346 (ISBNPlus.com)

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 245 00\$a Guidelines on weight gain and pregnancy\$h[electronic resource] /\$cBoard on Children, Youth, and Families, Food and Nutrition Board, Institute of Medicine and National Research Council of the National Academies.
 260 \$a Washington, D.C. :\$bNational Academies Press,\$c2013.
 300 \$a 1 online resource (20 p.) :\$bill.
 520 \$a "Being healthy is a topic that is on everyone's mind these days. If you are pregnant or may become pregnant in the future, it's really important. In 2009, the Institute of Medicine and the National Research Council published updated guidelines on weight gain during pregnancy that enhances your ability to have a healthy pregnancy and baby. This book provides vital information for expectant mothers or those trying to conceive"--Publisher's description.
 504 \$a Includes bibliographical references.
 588 \$a Description based on online resource; title from resource home page (National Academies Press, viewed March 15, 2013).
 650 22\$a Pregnancy Complications\$xprevention & control.
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