



Nutrition and Lifestyle for Pregnancy and Breastfeeding

Peter Gluckman, Mark Hanson, Chong Yap Seng, Anne Bardsley

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Explaining the practical implications of new discoveries in 'life-course biology', *Nutrition and Lifestyle for Pregnancy and Breastfeeding* is an informed resource on factors that affect offspring development. The impact of parental lifestyle and behavioural choices influence not only fetal development and birth outcomes, but also postnatal development, yet guidance on appropriate diet, behaviour, and exposures during pregnancy is often confusing and contradictory. With accessible explanations of the latest scientific research, and clear summaries and recommendations, this book is a valuable and authoritative guide for all levels of health care providers.

The authors provide an overview of the background evidence, highlighting the importance of lifestyle choices prior to and during pregnancy. In-depth discussions of nutritional and lifestyle factors that impact on pregnancy and offspring outcomes are based on the latest research and exploration of key scientific studies. *Nutrition and Lifestyle for Pregnancy and Breastfeeding* is a manual offering both scientific and clinical evidence to empower health care providers and ensure they have the information necessary to confidently care for prospective and new parents.

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