



# **Obstetrics/Gynecology: Nutrition Handbook (Chapman & Hall Nutrition Handbooks; 1)**

*Cynthia Thomson Deborah Pesicka Judith Riley*

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This text provides health care professionals dealing with obstetrics and gynaecology with the essentials for meeting the nutritional needs of the patient group. It includes information related to changes in nutritional requirements with pregnancy and lactation, how to assess weight gain, suggestions to meet increased needs for specific nutrients important to the growth of a healthy child, and vitamin/mineral supplementation during pregnancy and lactation. Practical suggestions are also given concerning breast feeding and for getting back into shape after delivery.

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