

**PREGNANCY DIET SECRETS (THE GOOD MOMS GUIDE
TO EATING DURING PREGNANCY WITHOUT PILING ON
THE POUNDS)**

Alese Furgerson

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Read these stories from real moms who've been there for tips on But capping weight gain at 35 pounds (25 if you start out overweight) is best for you and your child. "I tend to eat a pretty healthy diet, but while I was pregnant, I ate whatever I wanted. I was aware of my weight without being obsessed."

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