

# Eating Well in Pregnancy

FREE E-GUIDE



Here at Early Start Nutrition we've put together a handy free e-guide which contains everything you need to know about eating well in pregnancy!

The e-guide explores:

- what a nutritious diet looks like
- the foods you should limit and avoid
- supplement recommendations

Plus, we discuss the key nutritional considerations for women planning a pregnancy, along with useful information and tips for after pregnancy

Visit: [earlystartgroup.com/product/eating-well-in-pregnancy/](https://www.earlystartgroup.com/product/eating-well-in-pregnancy/)