

# Cocina para embarazadas

Cooking for pregnant women



**Author:** [Carmen Suárez](#) [1]

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Pregnancy is a unique experience full of hope, happiness and joy, but it also carries a certain degree of uncertainty and has effects on the body we are unable to control. At this special time a guide to the right food, quantities and recipes we can trust is indispensable for us to feel safe. 'Cocina para embarazadas' is a book which, as well as containing a wide range of simple, healthy and tasty recipes for the whole family, helps future mothers understand what they should eat and why. Destroying the myth about eating for two, Carmen Suárez, advised at all times by gynaecologist Dolores Gómez, talks about servings, different types of food and diets and, best of all, gives tips to help minimize the negative effects of pregnancy.

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