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5. Go Lean With Protein. Eat Lean Or Low-fat Meat, Chicken, Turkey And Fish. Also, Eat More Beans And Peas. Add Chick Peas, Nuts Or Seeds To A Salad; Pinto Beans To A Burrito; Or Kidney Beans To Soup. 6. Change Your Oil. We All Need Oil. Get Yours From Fish, Nuts And Liquid Oils Such As Co May 3th, 2024

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10th To 12th Week Of Pregnancy. Lab Tests Many Lab Tests Are Ordered In Your First Trimester, Including: • Complete Blood Count (CBC) Screens For Blood Problems, Such As Anemia (low Iron). • Hepatitis C. • RPR Screens For Syphilis (a Sexually Transmitted Disease). Jan 1th, 2024

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Your Guide To A Healthy Pregnancy - Cleveland Clinic

Regular Appointments With Your Health Care Provider Throughout Your Pregnancy Are Important To Ensure The Health Of You And Your Baby. In Addition To Medical Care, Prenatal Care Includes Education On Pregnancy And Childbirth, Plus Counseling And Support. Frequent Visits With Your Health Care Provider Allow You

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• Don't Diet To Lose Weight. If You Are Concerned About Your Weight At The Start Of Your Pregnancy, Talk To Your Midwife • Eat A Healthy, Balanced Diet. Each Day Aim To Have: • Carbohydrates At Every Meal (e.g. Bread, Rice, Chapatti, Potatoes)-Choose Wholegrain Varieties Which Can Be Filling And A Source Of Mar 2th, 2024

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