

A pregnant woman with brown hair, wearing a yellow short-sleeved top, is smiling and looking to her left. She is standing in a kitchen, preparing food. In front of her is a wooden cutting board with various vegetables, including a cucumber, cherry tomatoes, and bell peppers. She is using a knife to slice the cucumber. To her right is a glass bowl filled with a green salad. The background is a bright, out-of-focus kitchen with white cabinets and a window.

'Your baby's
only source of
food comes
from what you
eat and drink'

good food
for mums to be

Good Food For Mums

M Planty



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