



# Tips To Follow When Buying A Pregnancy Nutrition Book



Look for the author's credentials. Know more about their qualifications or certifications.



Ensure the book is reviewed by a doctor or a healthcare professional.



Select a book with information backed with trusted and updated resources.



Opt for a book that provides nutritional values besides recipes or foods.



Check the online and offline reviews of the book you pick.



Ensure the book is catered to your needs. If you are carrying twins, opt for a book that provides nutritional benefits for twins.