## Should Students Be Allowed To Eat During Class Persuasive Essay

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eat the best foods for your baby s development nutrition is never more critical than during pregnancy what you choose to put on your plate affects you and your baby s health not just in utero but for years to come however many nutritional guidelines for pregnancy are complex confusing and offer an uninspiring list of things to eat for the next nine months backed up by the latest nutritional research this guide debunks pregnancy food myths and uncovers a number of surprising food choices that are superfoods for expectant mothers anchovies are a high protein naturally salty snack a great food for avoiding feelings of nausea and they contain high amounts of omega 3 fatty acids which foster baby s brain development during the first trimester leeks are the vegetable equivalent of a super multivitamin mineral tablet containing high amounts of vitamin a vitamin c and iron plus fiber b vitamins and other minerals their mild slightly sweet flavor makes them appealing if you re suffering from morning sickness cherries contain melatonin an antioxidant hormone that promotes healthy sleep for you and stimulates cell growth in your growing baby celery is a healthy snack rich in silica a mineral which tones and firms your skin the perfect nutritional support for your stretching and expanding breasts and belly this one of a kind nutrition reference guide is also packed with helpful

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