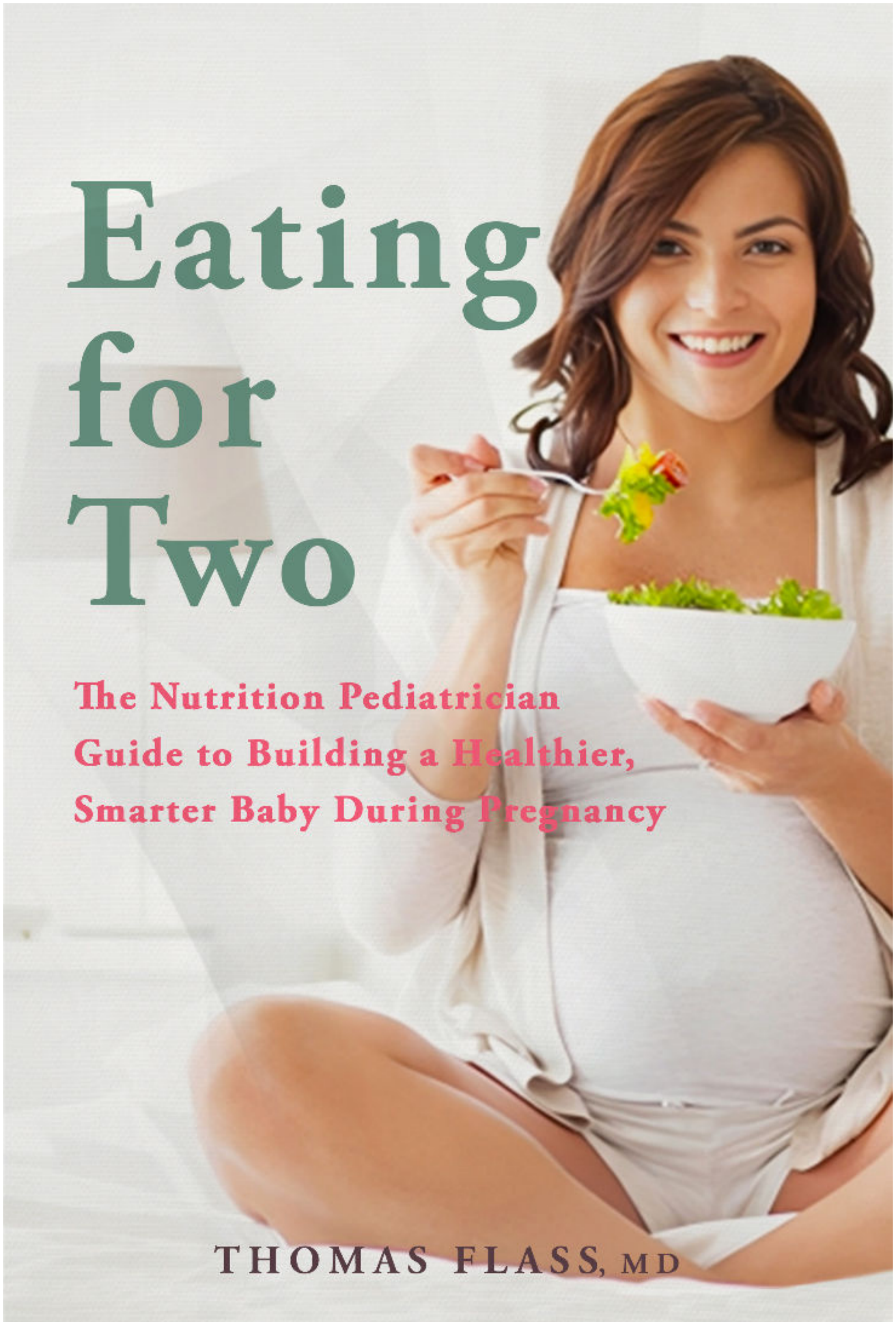
# Eating for two – Chapter References



This is the accompanying PDF document to the book ***Eating for Two***. This document contains the numbered endnote references that correspond to the superscripted citations in each chapter. It is meant for the reader that wishes to pursue a particular topic more fully, or to examine the evidence supporting one of the concepts explored in this book.

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This document may be updated periodically if new supportive literature is published. Any new references will be added onto the end of the bibliography for the related chapter, and will be highlighted as such.

## Endnotes

***Chapter 1- The First Thousand Days***


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## Endnotes

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***Chapter 4- Nutrition Advice for the Expecting Mother***


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## Endnotes

***Chapter 5- Minimizing Exposure to Toxins and Pollutants***


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