

# Download The Complete Guide To Pregnancy After 30

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Low-calorie breastfed poop. If you see bright green and frothy poop in your baby's diaper, almost like algae, she's probably getting too much foremilk – the low-calorie milk that comes first in a feeding – and not enough hindmilk, the good higher-fat stuff.  
Pregnancy advice from conception to birth, week by week. From pregnancy health and antenatal care to scans, exercise, diet, weight, and what to put in your hospital bag - it's all here.  
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