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**By Tara Gidus**

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Tara Gidus is the author of Pregnancy Cooking and Nutrition for Dummies (3.67 avg rating, 3 ratings, 1 review, published 2011), Pregnancy Cooking and Nut

[http://www.goodreads.com/author/show/4067227.Tara\\_Gidus](http://www.goodreads.com/author/show/4067227.Tara_Gidus)

She wrote Pregnancy Cooking & Nutrition for Dummies and co-authored Flat Belly Cookbook for Dummies (Wiley, 2014). Tara 2015 The Diet Diva - Tara Gidus

<http://dietdiva.net/about/>

helping professionals like Tara Gidus discover inside connections to recommended job candidates, \*Author of Pregnancy Cooking & Nutrition for Dummies (Wiley

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Tara is the author of Pregnancy Cooking and Nutrition for Dummies Tara owns Tara Gidus Nutrition Consulting in Orlando, FL. A dynamic speaker,

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Tara Gidus, MS, RD, is a nationally recognized expert and spokesperson on nutrition and fitness. Tara is the team dietitian for the Orlando Magic and a pregnancy <https://www.overdrive.com/media/664066/pregnancy-cooking-and-nutrition-for-dummies>

Tara Gidus is a nationally Tara is currently the Team Dietitian for the Orlando Magic NBA team and Nutrition Tara is the author of Pregnancy Cooking <http://www.jambajuice.com/blend-in-the-good/healthy-living-council/tara-gidus?tag=Nutrition>

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AUTHOR TARA GIDUS Flat Belly Cookbook for Dummies, (2013) is Tara's current title with She is also the author of Pregnancy Cooking & Nutrition for Dummies [http://education.ucf.edu/bookfest/author\\_detail\\_2014.cfm?id=28](http://education.ucf.edu/bookfest/author_detail_2014.cfm?id=28)

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