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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

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About | the diet diva

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

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Tara is the author of *Pregnancy Cooking*

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