

Some more specific tips and examples follow:

a. re-word or paraphrase (1).

b. use a pronoun: personal (2) or demonstrative (3) to refer to something mentioned earlier (do not use the same pronoun more than once).

c. use expressions such as: the former (4) the latter (5).

d. use a synonym (6).

e. use "one" and "ones" (7) These cannot be used after possessive adjectives (my, etc.) or some, any, or both unless there is an adjective.

e.g. Her most difficult pregnancy was the second (one).

You can omit one / ones after first, second, next, and best but not after new, big, small, long, etc.

I hope she writes a new one. (NOT: a new.)

Examples

• A balanced diet is a vital part of a healthier lifestyle at any time, but it is essential when a woman is pregnant or planning a pregnancy (1). Nutrient composition of the diet during this important period of a woman's life (1) influences the health of the foetus. A lot of studies (2) have been carried out in the field but due to variations in the nutritional requirements of individuals, they (2) may produce conflicting results.

• It is generally expected that big women have big babies and the size of the infant at birth depends on the size (3) of the mother rather than that (3) of the father.

• Breast milk changes during each feeding and throughout the lactation period, in order to cover the baby's needs. It can be categorised as foremilk (4) at the start of a feeding and hindmilk (5) for the remainder of the feeding. The former (4) has a lower fat content and it is quite watery, while the latter (5) has a higher fat content and is more nutritious.

• Not only is lactation (6) healthy for the baby, but it also benefits the mother's health. It may also relieve stress and encourage bonding between the mother and her baby. Secondly, breastfeeding (6) promotes the mother's weight loss.

• In an analysis of 4,095 mothers in Aberdeen, Scotland, it was found that on average, the tallest and heaviest mothers (7) had babies that weighed 500 gr (1lb) more than the babies of the shortest and lightest ones (7).