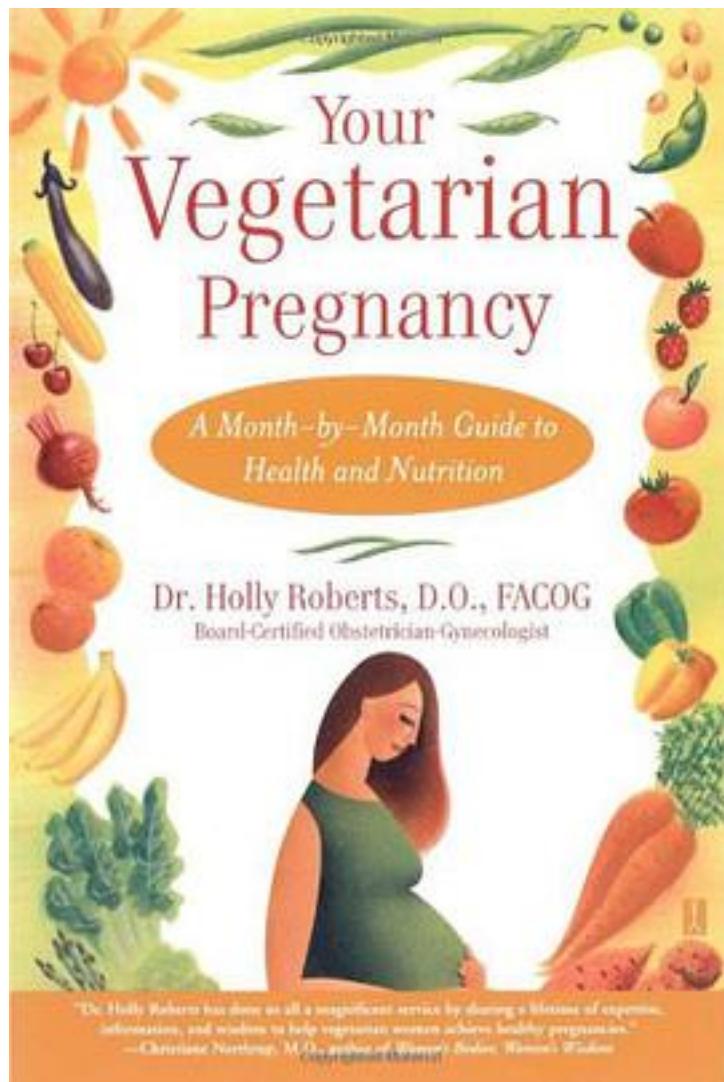


Your Vegetarian Pregnancy



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YOUR VEGETARIAN PREGNANCY is the first authoritative guide to maintaining a healthy vegetarian diet before, during, and after the birth of your child. There's no question that a vegetarian or vegan diet is just as nutritionally sound during pregnancy as one that includes animal protein. In fact, vegetarian nutrition offers pregnant women valuable health benefits that you simply won't find in a non-vegetarian diet, such as higher levels of folic acid, lower cholesterol, and an abundant variety of essential minerals, vitamins, and nutrients. Whether you are already vegetarian or you simply want to reduce the amount of meat in your diet, making the right dietary choices to support you and your baby is the key to a safe, healthy pregnancy. With this unique and accessible handbook, filled with all the information required to make a balanced judgement about your pregnancy diet, you can be confident that your vegetarian pregnancy will be wonderfully beneficial for both you and your baby.

作者介绍:

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