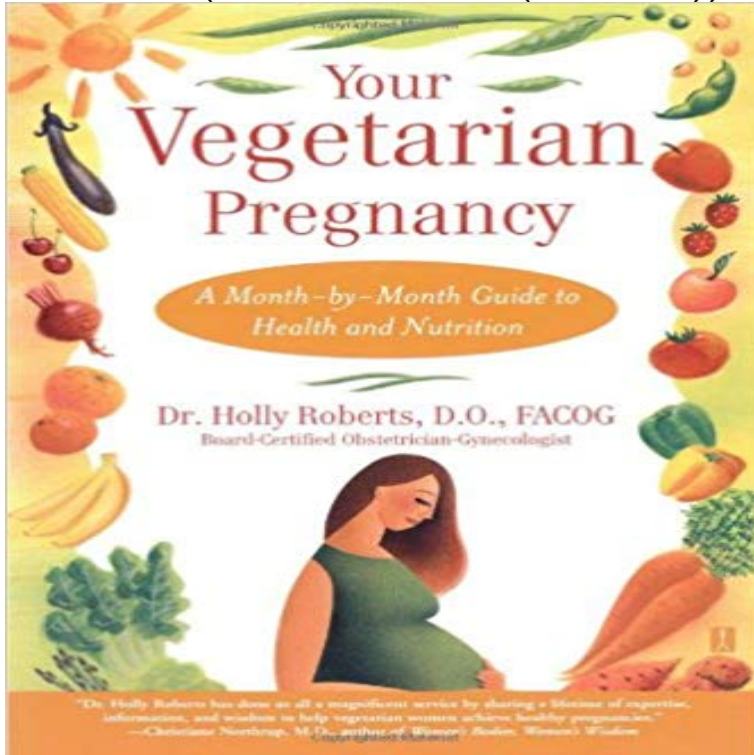


Your Vegetarian Pregnancy: A Month-by-Month Guide to Health and Nutrition (Fireside Books (Fireside))



When you're eating for two, you need to eat well. When you're eating for two, you need to eat well. 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 nonvegetarian 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. Fulfilling every nutritional guideline recommended by the American College of Obstetrics and Gynecology, *Your Vegetarian Pregnancy* is the first authoritative guide to maintaining a healthy plant-based diet before, during, and after the birth of your child. Combining complete obstetrical information with sound nutritional guidance, this guide will educate you about:

- Basic pregnancy issues, such as fetal development, changes within your body, and preparation for labor and delivery.
- What to expect each month, and how to cope with the unexpected.
- Key nutrients for your baby and you, with suggestions on how to obtain these through diet, vitamins, and supplements.
- The myriad benefits to eating vegetarian during pregnancy, in an entire chapter comparing vegetarian and nonvegetarian nutrition.

With this unique and accessible handbook, you can be confident that your vegetarian pregnancy will be wonderfully beneficial for both you and your baby.

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