



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

By Holly Roberts

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

When you're eating for two, you need to eat well.

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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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Editorial Review

From Publishers Weekly

Drawing on 25 years of experience as a vegetarian, mother and osteopathic obstetrician-gynecologist, Roberts strikes an inspirational tone in this handbook, offering practical and spiritual advice to women wondering about the safety of a vegetarian diet during pregnancy. There's nothing to worry about, writes Roberts, who offers nutritional guidance that will, for example, provide a vitamin B1 intake "superior to meat-eaters." She addresses everything from protein requirements to labor pains and nursing positions, with a zeal for the vegetarian diet that can seem almost religious. Roberts weaves spirituality throughout, with poems at the beginning of each chapter and numerous references to "maternal intuition" and "wisdom from a higher source." The volume's question-and-answer format grows a trifle tedious, although a detailed index makes specific information easier to find. Roberts dedicates her useful book to "every woman contemplating pregnancy while striving for the best of health and showing the greatest mercy to others," but readers who aren't already dedicated to vegetarianism and a spiritual approach to wellness may be put off by its sometimes preachy tone.

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Review

Christiane Northrup, M.D. author of *Women's Bodies, Women's Wisdom* Dr. Holly Roberts has done us all a magnificent service by sharing a lifetime of expertise, information, and wisdom to help vegetarian women achieve healthy pregnancies.

Neal D. Barnard, M.D. author of *Food for Life* Dr. Roberts cuts through the myths and worries, demystifying the changes that occur during pregnancy and giving readers the confidence that comes from having the answers they need. I recommend it highly.

About the Author

Dr. Holly Roberts, d.o., facog is board certified in Obstetrics and Gynecology and Pathology. She also has advanced fellowship training in cancer surgery. Dr. Roberts is the cofounder of a nonprofit lecture series on health and wellness. She lives in Little Silver, New Jersey.

Users Review

From reader reviews:

Ellen Wirth:

Why don't make it to be your habit? Right now, try to ready your time to do the important behave, like looking for your favorite publication and reading a publication. Beside you can solve your long lasting problem; you can add your knowledge by the guide entitled Your Vegetarian Pregnancy: A Month-by-Month Guide to Health and Nutrition (Fireside Books (Fireside)). Try to make the book Your Vegetarian Pregnancy: A Month-by-Month Guide to Health and Nutrition (Fireside Books (Fireside)) as your buddy. It means that it can being your friend when you sense alone and beside regarding course make you smarter than before. Yeah, it is very fortuned for you. The book makes you far more confidence because you can know everything by the book. So , we should make new experience and also knowledge with this book.

Frank Barcomb:

What do you ponder on book? It is just for students as they are still students or that for all people in the world, what best subject for that? Only you can be answered for that problem above. Every person has various personality and hobby for every other. Don't to be pushed someone or something that they don't would like do that. You must know how great and important the book *Your Vegetarian Pregnancy: A Month-by-Month Guide to Health and Nutrition* (Fireside Books (Fireside)). All type of book could you see on many options. You can look for the internet sources or other social media.

Jenny Perez:

Exactly why? Because this *Your Vegetarian Pregnancy: A Month-by-Month Guide to Health and Nutrition* (Fireside Books (Fireside)) is an unordinary book that the inside of the e-book waiting for you to snap that but latter it will distress you with the secret it inside. Reading this book alongside it was fantastic author who also write the book in such incredible way makes the content inside of easier to understand, entertaining method but still convey the meaning completely. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of benefits than the other book possess such as help improving your expertise and your critical thinking way. So , still want to hesitate having that book? If I have been you I will go to the guide store hurriedly.

Sarah Lopez:

Some people said that they feel bored when they reading a guide. They are directly felt this when they get a half elements of the book. You can choose the particular book *Your Vegetarian Pregnancy: A Month-by-Month Guide to Health and Nutrition* (Fireside Books (Fireside)) to make your own personal reading is interesting. Your personal skill of reading skill is developing when you like reading. Try to choose easy book to make you enjoy to learn it and mingle the sensation about book and looking at especially. It is to be initial opinion for you to like to wide open a book and examine it. Beside that the guide *Your Vegetarian Pregnancy: A Month-by-Month Guide to Health and Nutrition* (Fireside Books (Fireside)) can to be your brand new friend when you're feel alone and confuse with the information must you're doing of their time.

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