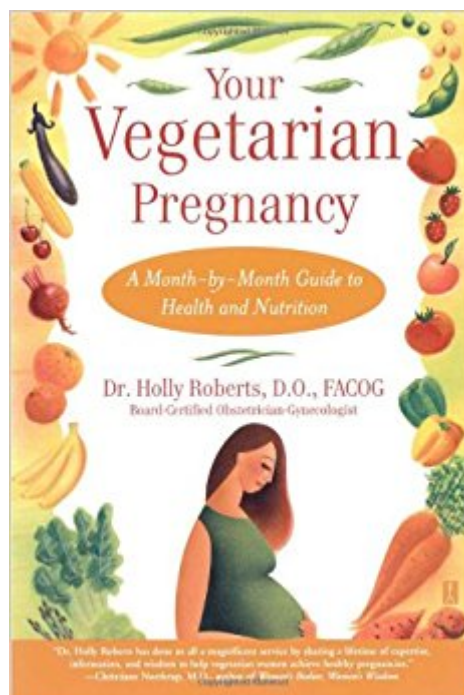




The book was found

Your Vegetarian Pregnancy: A Month-by-Month Guide To Health And Nutrition (Fireside Books (Fireside))



Synopsis

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.

Book Information

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Customer Reviews

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. Copyright 2003 Reed Business Information, Inc.

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.

Coming from being a vegetarian for three years and pregnant for several months, I felt this book had no significant value to me. I found more information about diet in nearly all other pregnancy books than I did with this one. It's just full of a lot of "opinions". I suggest buying a *Healthy Pregnancy* by Dr. Sears if you're looking for healthy dieting.

Easy to read and understand and also full of helpful information. I found it useful to read it prenatal so I had more time for preparation. Helpful for both first time moms and those that are newly vegetarians. Full of lists/tables of helpful information that is also easy to reference back to. Very comforting and compassionate about the journey of motherhood. Good read!

Just gives basic info on pregnancy, but does not go into details. Gives no recipes. Very basic overview type book.

I was hoping for recipes (month-by-month). It's informative as far as health benefits of being a vegetarian, the causes and effects of certain lifestyles, explanation of symptoms/issues you may encounter while being pregnant, etc. Just, not what I thought it would be. It would be a good book to pass along to any skeptic that thinks you cannot produce a healthy baby on a vegetarian diet.

Good overall. Nice to have a reference made specifically for vegetarians. Takes a spiritual and empowering note at the start of each chapter. Well researched and informative, and philosophical at times. Good to read in conjunction with other prenatal books, to give a varied perspective.

I am relatively new to vegetarianism and even I didn't find the book particularly helpful. I agree with others who said it was too general, too much about pregnancy and not enough about VEGETARIANISM during pregnancy. I wish I had realized this earlier and was able to return it; cannot even give it to Goodwill or sell it at Half-Price books since it's the Kindle Edition (which might make it even more confusing to try to read?!. It was not cheap either...Such a waste of money!

I thought this book was interesting and informative, but not beyond the second chapter. The second chapter on nutrition runs through detailed information about all the essential nutrients and general dietary guidelines. This is the best section of the book if you want to understand what to eat and why. Unfortunately, the month-by-month guide is greatly lacking in detail and information. I think there is too much general (and very unnecessary) commentaries, such as complications from eating fish or having a venereal disease. I'd rather have had more information about what exactly is happening with my body and my baby's, what foods are ideal for what stage in development. So, if all you need is some (fairly comprehensive) information about nutrition and very general information about your pregnancy, this book should be fine. On the other hand, I've not seen a better book that deals with vegetarian pregnancy, particularly because the author is so reassuring about maintaining a vegetarian diet during pregnancy.

I was expecting a helpful guide, but this was not it.

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