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Nota di contenuto	Cover -- Contents -- About the author -- Acknowledgements -- 1 How to have a healthy vegetarian pregnancy -- 2 Preparing for pregnancy -- 3 Planning a healthy diet -- 4 A healthy weight gain for pregnancy -- 5 Foods and drinks to avoid and those you don't need to -- 6 Getting enough iron and avoiding anaemia -- 7 Other essential vitamins and minerals -- 8 Omega 3 fatty acids - what's all the fuss about? -- 9 Should I take supplements? -- 10 Common complaints and how to deal with them -- 11 Breastfeeding - the best diet for you and your baby -- Resources -- Index.
Sommario/riassunto	As a vegetarian you already know how important it is to maintain a healthy, balanced diet. But being pregnant aswell can make it seem even harder to eat and drink in a way that will keep you healthy, your baby safe and provide the ideal fuel for growth and development. What to Eat When You're Pregnant and Vegetarian is your no-nonsense companion. This handy, compact book is the definitive healthy-eating guide for vegetarians who are expecting and provides expert guidance on what foods are safe and what you should steer clear of.

