1. Record Nr. UNISALENTO991004097719707536

Titolo	Die altesten viten papst Colestin 5. (Peters vom Morrone) / herausgegeben von Peter Herde
Pubbl/distr/stampa	Hannover : Hahansche buchhandlung, 2008
ISBN	9783775202237
Descrizione fisica	ix, 282 p.; 22 cm.
Collana	Monumenta Germaniae historica. Scriptores Monumenta Germaniae historica. Scriptores rerum Germanicarum. Nova series ; 23
Altri autori (Persone)	Herde, Peterauthor
Lingua di pubblicazione	Tedesco
Formato	Materiale a stampa
Livello bibliografico	Monografia

2. Record Nr. UNINA9910150205703321

Autore	Conway Rana
Titolo	What to eat when you're pregnant and vegetarian : the complete guide to healthy eating
Pubbl/distr/stampa	[Place of publication not identified], : Pearson, 2013
Edizione	[1st ed.]
Descrizione fisica	1 online resource (209 pages)
Disciplina	618.2/42
Soggetti	Pregnancy - Nutritional aspects Vegetarianism - Nutrition Mothers Prenatal care Medicine Health & Biological Sciences Gynecology & Obstetrics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia

Note generali	Bibliographic Level Mode of Issuance: Monograph
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.