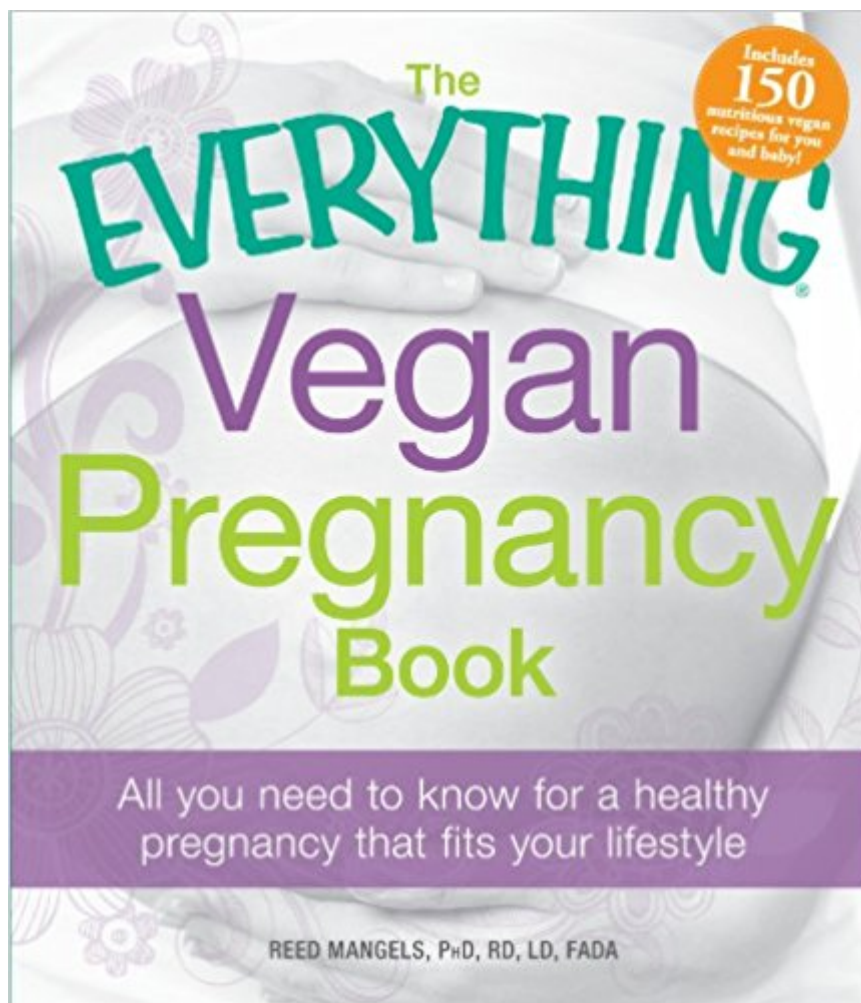




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# The Everything Vegan Pregnancy Book: All You Need To Know For A Healthy Pregnancy That Fits Your Lifestyle (Everything Series)



## Synopsis

Do I need more protein? Am I getting enough nutrients for the baby? How do I defend my decision to stay vegan? These questions and more are on the minds of vegan moms-to-be who want to maintain their lifestyle but still nurture a healthy baby. Well, you can breathe a sigh of relief because a vegan pregnancy is not only possible, it's also healthy and completely safe. With this helpful guide, you will learn about all aspects of vegan pregnancy from conception to bringing home baby, including: Which foods to eat (and avoid) to get optimum nutrients for you and baby How to deal with disapproval from family and friends Methods to ensure a vegan-friendly hospital birth Setting up a vegan nursery for the baby Packed with information for both moms and dads, including 150 nutritious and healthy recipes for the whole family, this book is the ultimate resource for parents who want the best for their baby-without sacrificing the vegan life!

## Book Information

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## Customer Reviews

Reed Mangels, PhD, RD, LD, FADA, is a nutrition advisor for the nonprofit educational Vegetarian Resource Group, as well as nutrition editor and a regular columnist for Vegetarian Journal. She is the coauthor of the American Dietetic Association's position paper on vegetarian diets as well as their new food guide for vegetarians. Dr. Mangels is an instructor in the nutrition department of the University of Massachusetts at Amherst.

If you are going Vegan for your pregnancy, then this book will work for you. However, if you are already vegan, then this book is obvious and redundant of everything you already know and practice daily. Most of the book is about being vegan and what you should eat, pregnant or not. Then there are less than 80 pages on actually being pregnant, but not necessarily vegan and pregnant. The only reason I would recommend this book, would be for anyone who is vegan and pregnant, but getting judged by family and friends who don't understand that you and your baby could possibly be safe in your pregnancy. This book is for them to show them that being vegan is perfectly safe for everyone

Great book but I felt it was written more for someone who wasn't already vegan. I was looking for more information but as a vegan of many years it didn't include anything I didn't know already, and I wasn't looking for recipes.

I wish I would've read further into the reviews for this book. It's completely redundant for those already currently vegan. Super disappointed, as it's advertised as a helpful guide for maintaining a vegan lifestyle throughout pregnancy. Half of the recipes are missing steps, and all of the "helpful hints" seem very copy + paste. SUPER PISSED I'm past my "return for refund" date.

Very Good information for a seasoned Vegan. Others seemed to take offense to the vegan basics in the beginning but it's always good to have a refresher

Though this book wasn't as scientific as I was hoping for, there are plenty of great recipes for healthy nutrition for vegan pregnant mamas. This was a pretty quick read, and a lot of the information in it is helpful for people who are unfamiliar with a proper balanced vegan diet. I was hoping there would be more statistics, charts, and "nerding out" but it was a good, basic, book for pregnancy if you are vegan. Most of what it had I already knew from reading non-vegan pregnancy books and from already being a vegan with a balanced diet, so that's why it wasn't 5 stars. Great for new vegans who plan to do a vegan pregnancy though.

This is pretty much a vegan information book with a few tips about pregnancy. I'm very disappointed. It seems like it's for people who get pregnancy and then decide they want to be vegan. If you're already vegan 90% of the book is things we already know.

This book is basically Veganism 101 and Pregnancy 101 just kind of slapped together. Don't get me wrong, there's some great basic information if you have literally never researched either of these topics before, but for a book titled "The EVERYTHING Vegan Pregnancy Book," you'd think it would be a little more...extensive. To begin with, it's a thick book, but the entire second half is recipes. (Isn't that what cookbooks are for?) The sections to do with veganism, and those to do with pregnancy are entirely separate. There's no blending of the topics to hit the concerns of a pregnant vegan. If you read a different book on each, you get the same information. The only additional information is a couple pages on how to handle social situations. The only person this book could benefit is someone who is transitioning to veganism for the very first time while pregnant, which just sounds like the worst idea in the world to me! Don't get me wrong, I've been vegan over a decade, and love nothing more than people going vegan. But if you are pregnant, have no idea how to be vegan, and do not have the guidance of a seasoned vegan veteran or nutritionist, so must rely on a book for information, you are building a recipe for disaster!

I heard about this book from Dr Greger's website, [nutritionfacts.org](http://nutritionfacts.org). I really liked the description of baby development and nutrition throughout the trimesters. The author has amazing recipes too such as the banana bread which my family and friends also love! Great experience is shared in the book too on how to deal with friends and family asking about the vegan lifestyle. Highly recommended.

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