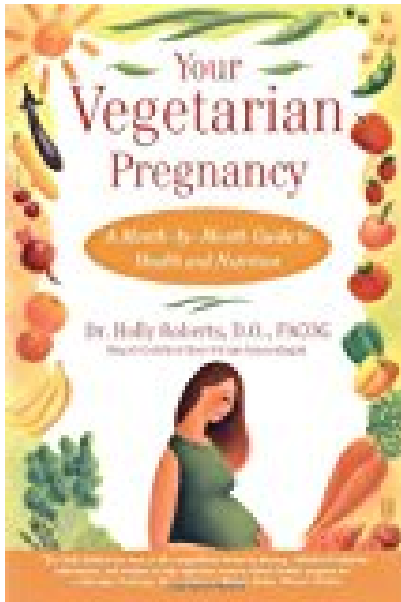


Your Vegetarian Pregnancy A Month-by-Month Guide to Health and Nutrition Fireside Books Fireside



BOOK DETAILS

- Author : Holly Roberts
- Pages : 400 Pages
- Publisher : Touchstone
- Language : English
- ISBN : 0743224523

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BOOK SYNOPSIS

With this unique and accessible handbook, you can be confident that your vegetarian pregnancy will be wonderfully beneficial for both you and your baby. 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.

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