

## YOUR VEGETARIAN PREGNANCY ROBERTS HOLLY%0A

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[Your Vegetarian Pregnancy: A Month-by-Month Guide to ...](#)

This is probably the worst pregnancy book I have read so far. It seems to be a lot more about vegan pregnancy than vegetarian pregnancy, so I don't know why they didn't title it more appropriately.

[Your Vegetarian Pregnancy ; A... book by Holly Roberts](#)

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With this unique and accessible handbook, you can be confident that your vegetarian pregnancy will be wonderfully beneficial for both you and your baby. Author Bio Dr. Holly Roberts, D.O., FACOG is board certified in Obstetrics and Gynecology and Pathology.

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Your Vegetarian Pregnancy Publisher: Fireside; Original edition [Holly Roberts] on Amazon.com. \*FREE\* shipping on qualifying offers. 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 [Your Vegetarian Pregnancy: A Month-by-Month Guide to ...](#)

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.

[Your Vegetarian Pregnancy: A Month-by-Month Guide to ...](#)

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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Whether you are decreasing your intake of red meat, limiting your intake of dairy products, or fully committed to a vegetarian or vegan lifestyle, there is an abundance of valuable information within this book that will help you

optimize your baby's and your health during your pregnancy.

### **Your Vegetarian Pregnancy (Fireside Books by Holly Roberts)**

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 When you're eating for two, you need to eat well.

### **Holly Roberts (Author of Your Vegetarian Pregnancy)**

Holly Roberts is the author of *Your Vegetarian Pregnancy* (3.34 avg rating, 119 ratings, 19 reviews, published 2003),

*Hot Seduction* (4.83 avg rating, 6 ra

### **Your Vegetarian Pregnancy : A Month-By-Month Guide To ...**

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

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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. With this unique and accessible handbook, filled with all the information required to make

a balanced judgement about your pregnancy diet, you can be confident that your vegetarian pregnancy will

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