

The

Includes
150
nutritious vegan
recipes for you
and baby!

EVERYTHING[®] Vegan Pregnancy Book

All you need to know for a healthy
pregnancy that fits your lifestyle

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Reed Mangels

The Everything Vegan Pregnancy Book: All You Need to Know for a Healthy Pregnancy that Fits Your Lifestyle (Everything Series)



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Do I want more proteins? Am I getting plenty of nutrients for the infant? These questions and more are on the thoughts of vegan moms-to-be who wish to maintain their way of life but still nurture a healthy baby. How do I defend my decision to stay vegan? With this useful guide, you will learn about all aspects of vegan being pregnant from conception to bringing home baby, including: Which foods to consume (and prevent) to get optimum nutrients for you and baby How to deal with disapproval from family and friends Methods to make sure a vegan-friendly medical center birth Setting up a vegan nursery for the baby Packed with info for both moms and dads, including 150 nutritious and healthy quality recipes for the whole family, this book may be the ultimate reference for parents who want the best for their baby-without sacrificing the vegan existence! Well, you can breathe a sigh of comfort because a vegan being pregnant isn't only possible, it is also healthy and completely safe.



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Not useful This is virtually a vegan information book with a few advice on pregnancy. I'm very disappointed. This book is ridiculous. There was also a whole lot of general pregnancy information, although it's not nearly as detailed as the week-by-week type pregnancy books.

Waste of money If you're going Vegan for your being pregnant, then this book will work for you. However, in case you are already vegan, then this book is obvious and redundant of all you already know and practice daily. The majority of the book is approximately being vegan and what you should eat, pregnant or not. Good for anyone who has no prior knowledge This book is ideal for beginners, but not that ideal for a vegan who already has basic understanding of diet, nutrition and pregnancy. The only reason I would suggest this book, would be for anyone who is vegan and pregnant, but obtaining judged by friends and family who hardly understand that you and your baby may be secure in your pregnancy. The tidbits on nourishment were helpful, however the best part of the reserve was the advice on how best to deal with people around me questioning by diet plan choices. But you can get a vegan cookbook for that. It had been fun to read early in my pregnancy I assume, but as an informed vegan (who eats a complete food plant structured diet plan) I didn't gain any brand-new knowledge out of the at all. I am a vegan for over five years, so I didn't be prepared to find an excessive amount of new information but instead to use this book as a resource for vegan pregnancy-specific dietary information. Some sections seem to be more targeted at the recently vegan or those that want to raised understand the vegan diet (ex. the reason why for heading vegan and the section about locating vegan meals at the supermarket.) General, this book is a great resource for vegan-specific problems during pregnancy, but I believe most people will need at least an added pregnancy publication for more detailed information.). Additionally there is lots of good information on staying healthy during pregnancy, including food safety designed for vegans, food basic safety for vegans who live with non-vegans and tips on camping/hiking while pregnant. If you're currently vegan 90% of the book is issues we already know. I would recommend getting at least one other pregnancy book in addition to this one if you would like week-by-week information or additional information about all the different body changes during being pregnant. The last 100 pages roughly has recipes, but I haven't tried some of them yet. That is mainly because I often cook without recipes and when I do use recipes, I have a large assortment of vegan cookbooks to pick from. The dishes seem about on-par with how healthy the food I normally prepare can be (lots of variety of grains, beans, veggies, fruit). the Pad Thai recipe that "serves 4" demands 1/4 cup of essential oil to fry a pound of tofu. Nevertheless, I have a tendency to use less essential oil than some of these recipes demand (ex. Would recommend this Book Five Stars As described Great book Bought it for my partner and after my . It was fun to learn early in my own pregnancy I guess If you're already vegan and also have read any basic pregnancy blog, you truly don't need this book. As for nutritional information, this publication has lots of great suggestions for getting each nutrient that's especially important for vegans during pregnancy (proteins, iron, zinc, supplement b12, folate, calcium, vitamin D, DHA, etc. Horrible dietary advice. Are we in the nineties! It looks like it's for people who get pregnancy and then decide they would like to end up being vegan. I halted reading after about 40 pages. Maybe much less. Poorly researched publication.? There were a great many other equally misguided tidbits. I would definitely not recommend this book. I'd probably use half that much or less. Useful pregnancy book for vegan-specific issues I purchased this book shortly after finding out I was pregnant (in addition to a few others). After that there are significantly less than 80 pages on actually carrying a child, but not necessarily vegan and pregnant. In the event that you buy this book, I would suggest reading it before additional pregnancy books. It really is an excellent introduction to the complete experience and

has a nice, mild tone. I appreciate how forgiving the author can be, and how she advocates health without sacrificing your sanity. This book is to allow them to show them that getting vegan is flawlessly safe for everyone Good book however, not what I wanted Great book but We felt it had been written more for a person who wasn't already vegan. Additional reviewers mentioned the recipes-I have however to try them because my kitchen has already been filled with vegan cookbooks. I was really simply looking for vegan info specific to pregnancy and I have to say that it's limited. The majority of the book focuses on pregnancy in general and covers all of the basics like what not to consume, being pregnant symptoms, labor and delivery, breastfeeding and several other things I've currently learned from additional books, my doctor or the web. Pros: ideal for vegan newbies or those not used to being pregnant, gentle and supportive tone, easy and simple to remember nutrition information, great suggestions for dealing with those that question the vegan diet plan, great introductory tool to pregnancy, labor and delivery and the breastfeeding procedure, lots of dishes, appendix with other sources of information Cons: Little benefit to seasoned vegans with an over-all nutrition background, no true in-depth information and very brief, covers most of the essentials noted in every other pregnancy source, doesn't really cover "everything vegan" as promised 1/3rd diet 2/3rds other. I only needed the first couple of chapters, but I'm absolutely sure some women may need the rest. A very important factor I wish is usually that they had a bit more on diet. It had been only about 1/3rd of the reserve. It recommends bagels and boxed cereals as nutritious grains to include into your diet. Excellent book Great recipes and advise Search for another book Pretty dissapointed. It's basically just informing you about usual birth processes. Not much vegan related information and not very progressive. Meaning doesnt chat much about alternative choices or natural birth. I wouldn't recommend. I'll say that the quality recipes in the back are excellent! I was looking to learn more but as a vegan of many years it didn't consist of anything I didn't already know, and I wasn't searching for recipes.... Great book Bought it for my partner and after my child got to look at it 1 day I bought it on her behalf as well..



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