



# **The Everything Vegan Pregnancy Book: All you need to know for a healthy pregnancy that fits your lifestyle (Everything Series)**

*Reed Mangels*

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## **The Everything Vegan Pregnancy Book: All you need to know for a healthy pregnancy that fits your lifestyle (Everything Series) Reed Mangels**

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!

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