



## What to Eat When You're Pregnant and Vegetarian: The Complete Guide to Healthy Eating

By Rana Conway

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, What to Eat When You're Pregnant and Vegetarian: The Complete Guide to Healthy Eating, Rana Conway, As a vegetarian or vegan you already know how important it is to maintain a healthy, balanced diet. But being pregnant as well can make it seem even harder to eat and drink in a way that will keep you healthy, your baby safe and provide the ideal fuel for growth and development. What to Eat When You're Pregnant and Vegetarian is your no-nonsense companion. This handy, compact book is the definitive healthy-eating guide for vegetarians and vegans who are expecting and provides expert guidance on what foods are safe and what you should steer clear of.



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