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The book is very preachy about being vegan the welfare of animals, blah blah. While I agree that animals suffer I don't care to read about it in this kind of a book. Also I feel that the information this book gives is insufficient and I would love to hear

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Book written by Reed Mangels, PH.D., RD, LD, FADA, is a great way to ensure your nutrition is as en pointe as your baby name. Mangels is a nutrition advisor for the nonprofit Vegetarian Resource Group, and throughout the book uses her extensive nutrition expertise to present the reader with a

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This book is a must-have for anyone following a vegan diet or lifestyle, both at preconception and for during pregnancy. It has helped me to prepare nutritionally for getting pregnant, ensuring that my diet is healthy and varied. It has also helped

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Virginia Messina is a dietitian specializing in vegan nutrition.

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relief because a vegan pregnancy is
not only possible, it's also healthy and
completely safe. ... including 150

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