



The Vegetarian Mother and Baby Book: Completely Revised and Updated

Rose Elliot

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A unique and invaluable guide to raising a baby on a healthy vegetarian diet.

The Vegetarian Mother and Baby Book is a sensible, comprehensive, and deeply reassuring handbook for mothers, mothers-to-be, and anyone who is caring for a vegetarian child. It provides essential information about nutrition before conception, during pregnancy, and after birth, and gives a detailed and well-balanced range of recipes for mothers and for babies up to the age of two.

Practical guidelines on every aspect of motherhood and baby care include:

Information on all the essential nutrients -- what they are, which foods have them, which are needed during pregnancy and which after, and how to put them all together for a balanced diet

Complete weekly menus for the mother-to-be, for breastfeeding mothers, and for baby and toddler

Ways to plan ahead and save valuable time and energy: preparing and freezing baby food, making quick, healthy snacks for breastfeeding mothers, preparing lunches for both baby and mother

Delicious, nutritious, and easy-to-prepare recipes

Invaluable advice for the first two years -- about feeding, toilet-training, and playing with your child -- plus tips on balancing family and work time.

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