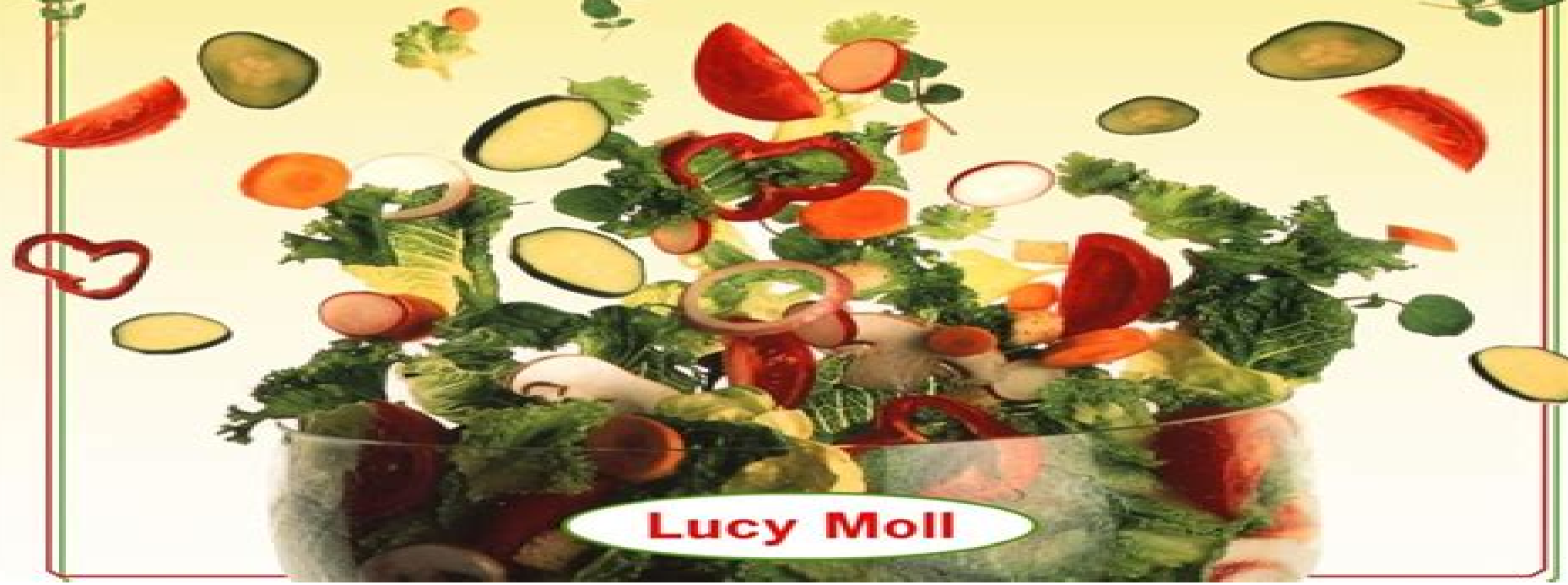


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The New Becoming Vegetarian Vesanto Melina,Brenda Davis,2010-11-02 This guide provides statistics on vegetarian eating as well as up to date information on the science behind why vegetarians have an advantage when it comes to their health Learn what the experts have to say about how to construct a vegetarian diet that meets all your nutritional needs

Vegetarian Nutrition Joan Sabate,2001-03-21 Approximately 12 million U S citizens consider themselves vegetarians and 13 5 percent of all U S households claim to have at least one family member practicing some form of vegetarianism In the past 30 years scientific endeavors in the area of vegetarian nutrition have progressively shifted from investigating dietary concerns held by nutritio

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