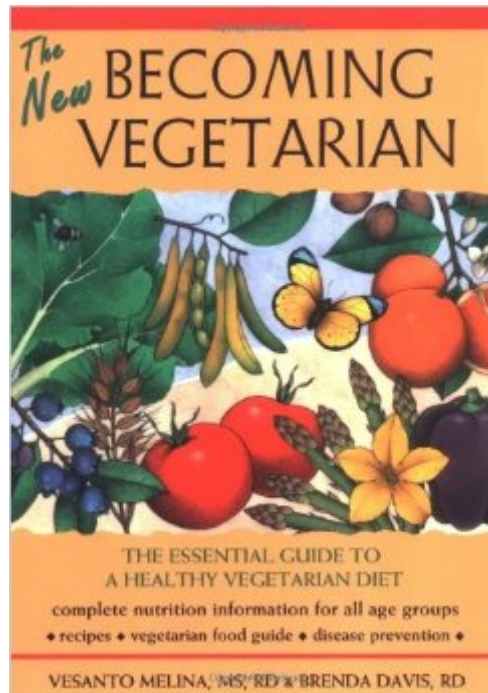


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# The New Becoming Vegetarian: The Essential Guide To A Healthy Vegetarian Diet



## Synopsis

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.

## Book Information

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## Customer Reviews

This book is absolutely necessary for anyone transitioning into a vegetarian or vegan diet and a great reference for those of us already there. It goes through all of the nutrients that vegetarians and vegans might have trouble getting enough of and explain why it's important and the best ways to incorporate that nutrient into your diet. It also gives dietary advice for pregnant women, children, and the elderly. There is so much information, I find myself constantly referring to this book as a reference guide. Many other reviewers have noted that this book is objective and not "preachy." I agree. It points out honestly what's wrong with and what's good about omnivorous, vegetarian, and vegan diets and then shows how to improve in each case. It does address reasons for veganism, but this book is in no way dogmatic. There's also an entire section on "diplomacy," that is how to resolve issues between omnivores and vegetarians. One of my favorite parts of this book is the latter half, in which advice is given on transitioning to vegetarianism or veganism. Too often the changes that need to be made in lifestyle aren't addressed, in favor of reasons for going vegan or recipes. Here, however, they provide advice on mundane but necessary topics like meal planning and grocery shopping. This is definitely not a recipe book by nature, by several recipes are provided in the back. These are not gourmet or experimental recipes. Rather they are recipes that the authors themselves

eat on a regular basis and which new vegetarians can realistically incorporate into their menus. The recipes were also all chosen with nutrition as well as taste in mind, so they contribute to learning how to plan well-rounded vegan meals.

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