



Becoming Vegetarian: The Complete Guide to Adopting a Healthy Vegetarian Diet

Versanto Melina, Brenda Davis, Victoria Harrison

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Becoming Vegetarian is a comprehensive and up-to-the minute guide to achieving a healthful vegetarian lifestyle. Written by three highly qualified dietitians, all of the key questions which arise for those who are beginning a dietary shift away from animal products are addressed, as well as those questions long term vegetarians have who want to ensure that their dietary pattern is nutritionally adequate.



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