



The New Becoming Vegetarian: The Essential Guide to a Healthy Vegetarian Diet

Vesanto Melina MS RD, Brenda Davis RD

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Comprehensive and well-researched, this new edition provides everything you need to know about making a healthy transition to a vegetarian diet or maximizing its benefits if already a vegetarian.

Updated with the latest recommendations for intakes of vitamins, minerals, proteins, and fats, the authors show how to achieve optimal nutrition for all stages of life. Easy-to-read tables, figures, menus, and food guides help you determine how to meet your nutritional requirements. You'll also learn what plant-based dietary components and factors play active roles in both the prevention and treatment of chronic illnesses.

And for practical application, over 50 new and easy recipes show how to incorporate highly nutritious ingredients - some of which may be unfamiliar. These delicious meals include contributions from chefs Joseph Forest, Ron Pickarski, Joanne Stepaniak, and Yves Potvin (Yves Veggie Cuisine) as well as favorites of the authors.

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