



## Being Vegetarian (The Nutrition Now Series)

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# **Being Vegetarian (The Nutrition Now Series)**

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## **Being Vegetarian (The Nutrition Now Series) American Dietetic Association (ADA)**

The authoritative, concise guide to eating a balanced vegetarian diet--from the source America turns to for food and nutrition advice. Whether you choose a vegetarian eating style for ethical, spiritual, or health reasons, Being Vegetarian can help. This easy--to--use guide has everything you need to eat healthful meals centered around plant foods--including tips on menu planning, meat and dairy replacers, and dining out. Learn how to: \* Make the switch to a vegetarian diet\* Choose foods for maximum nutrition and taste\* Easily adapt your favorite recipes to vegetarian\* Help your kids eat right--at every age

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