



Being Vegetarian (The Nutrition Now Series)

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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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