



# Vegetarian Food Guide and Nutrition Counter

*Susan Havala*

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## **Vegetarian Food Guide and Nutrition Counter** Susan Havala

Written by a registered dietician who specializes in vegetarian nutrition, this book is a consumer's guide to vegetarian foods with information on fat, fiber, protein and other nutrients; Vegan, lacto- and lacto-ovo vegetarian choices; brand-name vegetarian specialty items; fast-food contents, hidden animal ingredients; and more.



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