

Download The Complete Vegetarian The Essential Guide To Good Health The Food Series

Can becoming a vegetarian protect you against major diseases? Maybe. Compared with meat eaters, vegetarians tend to consume less saturated fat and cholesterol and more vitamins C and E, dietary fiber, folic acid, potassium, magnesium, and phytochemicals (plant chemicals), such as carotenoids and flavonoids. The Vegetarian Flavor Bible: The Essential Guide to Culinary Creativity with Vegetables, Fruits, Grains, Legumes, Nuts, Seeds, and More, Based on the Wisdom of Leading American Chefs [Karen Page] on Amazon.com.

FREE shipping on qualifying offers. Throughout time people have chosen to adopt a vegetarian or vegan diet for a variety of reasons from ethics to economy to personal and planetary ... The classic family dish from the Cooking with Auntie Sara series - perfect for getting the kids involved, from BBC Good Food. Veganism is the practice of abstaining from the use of animal products, particularly in diet, and an associated philosophy that rejects the commodity status of animals. A follower of the diet or the philosophy is known as a vegan (/ ? v i ? ? n / VEE-g ? n). Distinctions may be made between several categories of veganism. Dietary vegans (or strict vegetarians) refrain from consuming animal ...