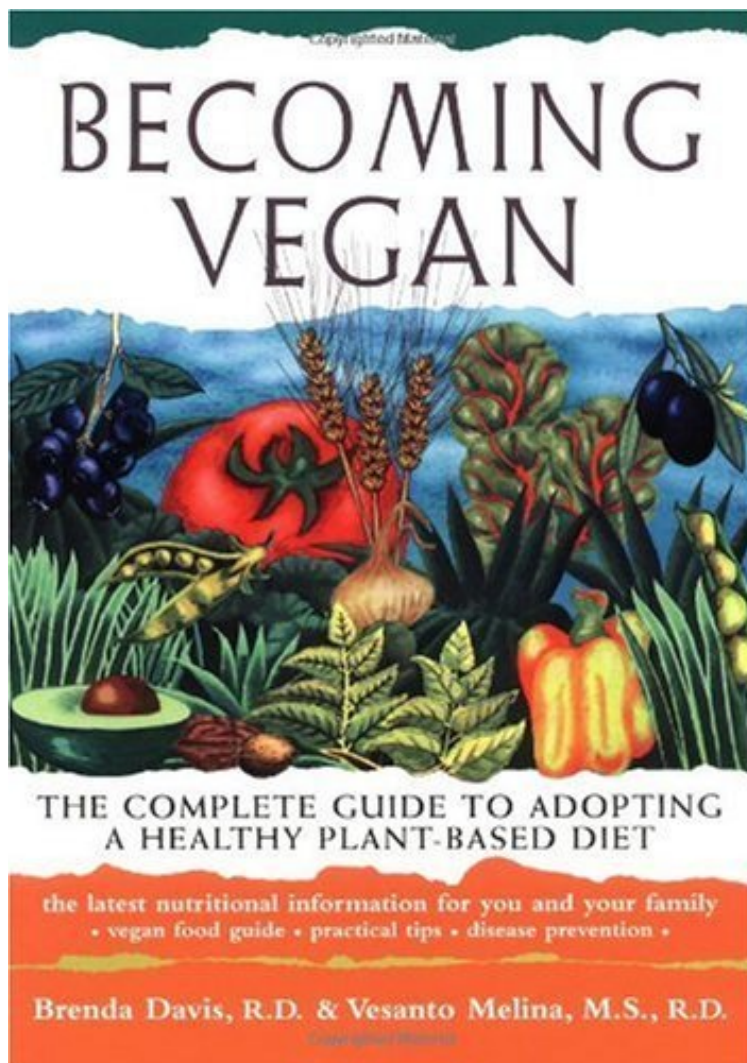


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Becoming Vegan: The Complete Guide to Adopting a Healthy Plant-Based Diet



Par Brenda Davis, Vesanto Melina
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Description : Description du produitThe authors of Becoming Vegetarian explore the benefits of a vegan diet (eating without meat, eggs or dairy products). More and more people are being motivated to become vegans because of the impact of their nutritional choices on their health, the environment, animal rights, and human hunger. As registered dietitians, Davis and Melina are well-qualified to provide the latest information on: how a vegan diet can protect against cancer, heart disease, and other chronic illnesses getting all the protein you need without meat meeting your needs for calcium without dairy products what vegans need to know about B12 why good fats are vital to healthy and how to get them balanced diets for infants, children, and seniors pregnancy and breast-feeding tips for vegan moms considerations for overweight, underweight, and eating disorders achieving peak performance as a vegan athlete how to deal gracefully with a non vegan world

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