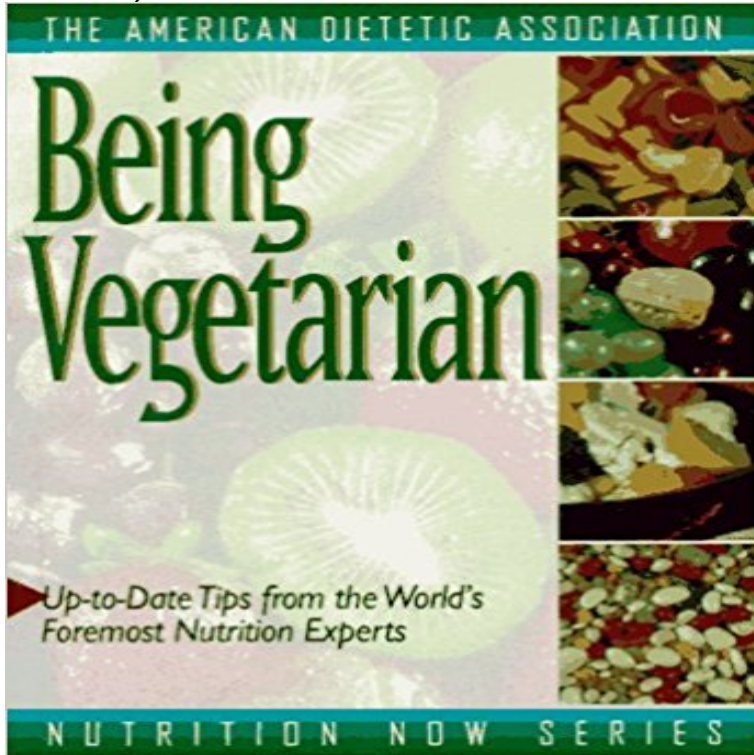


Being Vegetarian (The American Dietetic Association Nutrition Now Series)



From The American Dietetic Association, the source America turns to for food and nutrition advice, comes three easy-to-use pocket guides focusing on today's most pressing nutrition topics -- that readers can easily take to the grocery store, restaurant, or anywhere. Filled with convenient charts, graphs, and sidebars, The Nutrition Now Series shares all the tricks of the trade. Vitamins, Minerals, and Food Supplements shows how to get the vitamins and minerals you need from the foods you eat every day. It also tells which supplements really are necessary and which are passing fads. Being Vegetarian has everything you need to know to get started, including how to incorporate a vegetarian diet into your lifestyle (even if you're not a vegetarian), how to eat a balanced diet without meat, what are the different types of vegetarianism -- and which one is right for you. Safe Food for You and Your Family is an indispensable guide showing how to prevent food poisoning and food borne diseases. It also tells which foods are the safest to order at restaurants, markets, and delis, how to detect hidden dangers at home or away, and where to find environmentally safe foods. Complete with the toll-free number for The American Dietetic Association consumer nutrition hotline number for all your nutrition questions, plus simple and innovative tips and the latest nutrition information, these clear and practical guides are the most portable and authoritative tools for eating right in the 90s and beyond. With over 66,000 members, The American Dietetic Association is the largest organization of food and nutrition professionals in the world.

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