



# Being Vegetarian For Dummies

*Suzanne Havala*

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# Being Vegetarian For Dummies

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## **Being Vegetarian For Dummies** Suzanne Havala

"Informative, entertaining, and right on target." John Robbins, author, Diet for a New America and The Food Revolution Great advice and nutrition information for a vegetarian lifestyle Enjoy all the benefits of a vegetarian diet. Now its even easier to go meatless! If youre a vegetarian in the making, what should you know to do it right? This book shares practical tips for switching to a meat-free diet and for making healthful food choices at home, at restaurants, or while traveling to get the nutrients you need and to enjoy your meals. Discover how to: Choose the vegetarian lifestyle right for you Adapt your diet if youre an athlete or pregnant Get the protein and other nutrients you need Shop for a vegetarian kitchen Create new traditions for holiday meals The Dummies Way Explanations in plain English "Get in, get out" information Icons and other navigational aids Tear-out cheat sheet Top ten lists A dash of humor and fun Get smart! [www.dummies.com](http://www.dummies.com) Register to win cool prizes Browse exclusive articles and excerpts Get a free Dummies Daily e-mail newsletter Chat with authors and preview other books Talk to us, ask questions, get answers

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