



The Vegetarian Female: A Guide to a Healthier Diet for Women of All Ages

Anika Avery-Grant

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It's basic knowledge that vegetarians must find alternative sources of nutrients such as proteins, but women's unique nutritional needs require a more complex approach, especially during periods in the female life cycle when deficiencies are most likely to develop: adolescence, pregnancy, and post-menopause. This informative book explains how to maintain optimum health with a vegetarian diet both for ovo-lacto vegetarians and vegans, and explores illness prevention, weight concerns, and athleticism as they relate to nonmeat diets.

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