

**THE NEW BECOMING VEGETARIAN: THE ESSENTIAL
GUIDE TO A HEALTHY VEGETARIAN DIET**

Pauline Gerst

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The New Becoming Vegetarian has ratings and 59 reviews. Johan said: The perfect book for those who want to switch to a vegetarian diet or for those w.

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The New Becoming Vegetarian: The Essential Guide To A Healthy Vegetarian Diet* is the updated version of Becoming Vegetarian, which.

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I read the entire book, except for chapter 9 "Vegetarian Nutrition in the Growing Years" since none of that information really applies to me. There's a food pyramid, cooking suggestions and even a section on potential problems you will have dealing with anti-vegetarian friends and family. It had so much information compacted into a boring never ending stream of words.

To ask other readers questions about The New Becoming Vegetarian please sign in. Jan 08, Amanda rated it really liked it. I decided to become vegan at age 14, and my parents bought me this book, since "Becoming Vegan" was not even published yet at the time. It gives great information about nutrition, which is extremely important because it helps you keep track of books you want to read.