



Vegetarianism Sb (Health Reference Series)

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Studies show that 12.4 million Americans consider themselves to be vegetarians. Up to 15 percent of college students request vegetarian meals at their college dining halls. Many people are interested in the vegetarian diet but are unsure whether such eating habits are healthy. Some are concerned about protein requirements, availability of ingredients, and proper vitamin intake, while others are concerned about the effects of a vegetarian diet on growing children and family life.

This Sourcebook describes various types of vegetarian diets and gives practical advice for safely incorporating them into everyday life. Topics covered include creating a vegetarian pantry; obtaining sufficient amounts of various nutrients, vitamins, minerals, and food groups; and understanding the advantages and disadvantages of eating vegetarian. The book also includes information about the feasibility and healthfulness of vegetarianism for pregnant and lactating mothers, children, teenagers, the elderly, and other special groups. Other common concerns such as finding vegetarian items on a menu and determining which food ingredients contain animal products are also discussed. Additionally, this Sourcebook includes a recipe and cookery section, glossary, and resource listing for additional help and information.

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