



The Dietitian's Guide to Vegetarian Diets: Issues and Applications

By Reed Mangels, Virginia Messina, Mark Messina

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The Dietitian's Guide to Vegetarian Diets: Issues and Applications provides the most up-to-date information on vegetarian diets. Written for dietitians and other health care professionals, the Third Edition can be used as an aid for counseling vegetarian clients and those interested in becoming vegetarian or serve as a textbook for classroom study for students who have completed introductory coursework in nutrition. Evidence-based and thoroughly referenced, this text includes case-studies, sample menus, and counseling points to help students apply material to the real world.

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