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a vegetarian food guide, recipes, addresses the needs of children and pregnant women, and discusses topics such as essential nutrients, overweight, eating disorders, and the vegetarian athlete. Vegan for Her: The Woman's Guide to Being Healthy and Fit on a Plant-Based Diet Virginia Messina, MPH, RD Boston, MA: Da Capo Lifelong Books, 2013. 400 pp.

### **Vegetarian Nutrition Resource List**

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