



# The Complete Idiot's Guide to Plant-Based Nutrition (Idiot's Guides)

By Julieanna Hever

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**The Complete Idiot's Guide to Plant-Based Nutrition (Idiot's Guides)** By Julieanna Hever

**The healthy vegan diet-made easy.**

Vegans face their own special challenges when it comes to nutrition and this book provides answers. There are about one million vegans in the U.S. and about 50,000 new ones every year. A growing number of physicians advocate a completely plant-based diet for many of their patients who suffer from diabetes, heart disease, and cancer. In *The Complete Idiot's Guide(r) to Plant-Based Nutrition*, readers will find:

- Where to get nutrients that others get from meat and dairy.
- How to avoid the vegan pitfall of overfed but undernourished.
- How to spot hidden animal ingredients in packaged foods.
- Tips for eating at restaurants.
- Special considerations for children and seniors.

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### **Editorial Review**

About the Author

**Julieanna Hever, M.S., R.D., C.P.T.** is a Plant-Based Dietitian and an ACE-Certified Personal Trainer who has owned To Your Health Fitness and Nutrition in Southern California for 12 years.

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This The Complete Idiot's Guide to Plant-Based Nutrition (Idiot's Guides) book is just not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book is definitely information inside this publication incredible fresh, you will get data which is getting deeper anyone read a lot of information you will get. This particular The Complete Idiot's Guide to Plant-Based Nutrition (Idiot's Guides) without we realize teach the one who reading through it become critical in considering and analyzing. Don't end up being worry The Complete Idiot's Guide to Plant-Based Nutrition (Idiot's Guides) can bring if you are and not make your tote space or bookshelves' turn out to be full because you can have it with your lovely laptop even phone. This The Complete Idiot's Guide to Plant-Based Nutrition (Idiot's Guides) having good arrangement in word in addition to layout, so you will not truly feel uninterested in reading.

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