



The Vegetarian Guide to Diet & Salad

N. W. Walker

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This cookbook and guide on nutrition provides a wealth of information on the importance of nutrients and enzymes in relation to our health. Learn about the chemical elements in foods proteins, amino acids, carbohydrates, etc. and which food groups provide the best sources of nutrients for our bodies. Included are over 70 salad recipes along with a mini encyclopedia on the most common fruits and vegetables.

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