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From Living Vegetarian For Dummies, 2nd Edition. By Suzanne Havala Hobbs . Switching to a vegetarian lifestyle offers benefits to your health, animals, and the environment.

[Vegetarian Cooking For Dummies: Suzanne Havala ...](#) If you really want an excellent book for vegetarians, with great tips on cooking, and even some pretty tasty recipes get Living Vegetarian For Dummies. That to me, is the only book you'll need. That to me, is the only book you'll need.

[Vegetarian Diets for Beginners | Live Well - Jillian Michaels](#)

Lacto vegetarians eat dairy but no eggs, and ovo vegetarians eat eggs but no dairy. Pescetarians eat fish, and semi-vegetarians or flexitarians occasionally but rarely eat meat. Vegans do not eat any animal products, including dairy, eggs, gelatin, honey and other items.

[A Vegetarian Diet Plan for Beginners | Livestrong.com](#) Becoming a vegetarian is a personal choice, as is how strict of a vegetarian you decide to be. As a beginner, determining what foods you're comfortable with eating can help you determine an appropriate meal plan.

[Vegetarian Cooking For Dummies eBook: Suzanne Havala ...](#)

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Vegetarian For Dummies (Wiley). It is such a privilege and joy to be part of a team of so many outstanding professionals. Many of my colleagues in the U.S., in Canada, and around the world have dedicated their lives and careers to advancing knowledge in nutrition science, the links between diet and health, and the practice of diet and health policymaking. My work builds on theirs, and I salute

[Living Vegetarian For Dummies: Suzanne Havala Hobbs ...](#)

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Suzanne Havala Hobbs, DrPH, MS, RD, a vegetarian for more than 30 years, is a registered and licensed dietitian, an editorial board member for Vegetarian Times magazine, and a nationally recognized author on issues relating to food, nutrition, and health policy.