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Cookbooks and references - wegmans

Other References. Akers, Keith. A Vegetarian Sourcebook, Vegetarian Press, 1989. Havala, Suzanne. The Vegetarian Food Guide and Nutrition Counter, Berkley Books, 1997.

Preface

Keith Akers, A Vegetarian Sourcebook: The Nutrition, Ecology, and Ethics of a Natural Foods Diet Ecology, and Ethics of a Natural Foods Diet

April | 2009 | in search of simplicity

He paraphrases the words of a friend of his Keith Akers (author of A Vegetarian Sourcebook: Ecology and Ethics of a Natural Foods Diet and Vegan Nutrition:

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In his book A Vegetarian Sourcebook: The Nutrition, Ecology, and Ethics of a Natural Foods Diet, Keith Akers writes that "diets high in fat and "Women s Health."

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author when he wrote A Vegetarian Sourcebook: The Nutrition, Ecology, Keith Akers is the author of A Vegetarian Ecology, and Ethics of a Natural Foods Diet.

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support John Wesley's vegetarian diet, Vegetarian Sourcebook: The Nutrition, Ecology and Ethics of a Natural Foods Diet (Paperback) by Keith Akers

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