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Preface

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Akers, Keith. A vegetarian sourcebook. nutrition, ecology, ethics, Monthly magazine primarily focused on vegetarian diet and nutrition but which also

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The Best Vegan Approach Keith Akers says: June 19, in my 1983 book A Vegetarian Sourcebook: The Nutrition, Ecology,

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

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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.