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Protein in the Vegan Diet -- The Vegetarian Resource Group

Get the latest nutrition information including healthy diets, nutritional value, and the health benefits of different foods.

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Vegetarian nutrition is the set of health-related challenges and advantages of vegetarian diets.. If well-planned and fortified to balance possible deficiencies, vegetarian diets can become nutritionally adequate and can be appropriate for all stages of the human life cycle, including during pregnancy, lactation, infancy, childhood, and adolescence.

The Help Vegetarian Nutrition Guide

Vegetarian nutrition information, recipes, books, and

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publishers of Vegetarian Journal. The Vegetarian Resource Group (VRG) is a non-profit organization dedicated to educating the public on vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and world hunger. In addition to publishing the Vegetarian Journal, VRG produces and sells cookbooks, other books, pamphlets

Nutrition: Healthy Diets and Food | Health.com

The Vegetarian Diet: A Beginner's Guide and Meal Plan Written by Rachael Link, MS, RD People may adopt a vegetarian diet for various reasons, and several variations of vegetarianism exist.

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