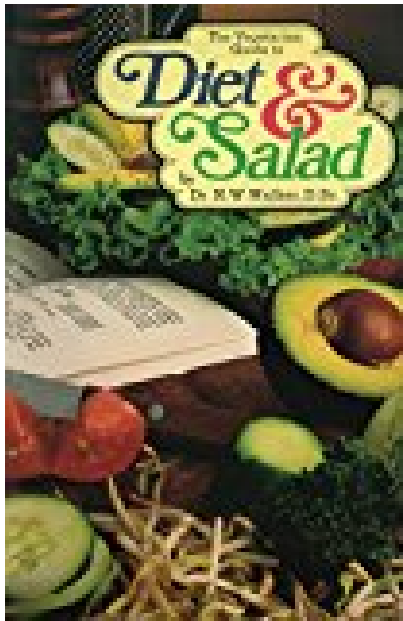


# The Vegetarian Guide to Diet & Salad

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## BOOK DETAILS

- Author : N. W. Walker
- Pages : 128 Pages
- Publisher : Norwalk Press
- Language : English
- ISBN : 0890190348

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## BOOK SYNOPSIS

Dr. Walker provides a wealth of information on the importance of proper nutrition 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 combinations along with a mini encyclopedia of the most common fruits and vegetables.

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