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A Healthy Vegetarian Diet By Vesanto Melina MS RD,
Brenda Davis RD**



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Thrive: The Vegan Nutrition Guide to Optimal Performance in Sports and Life Referred to as the “Grand Prix of epidemiology” by The New York Times, this study A very strong case is made for becoming a vegetarian not only for moral . My ultimate goal is to have a healthy raw food diet in the future.

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A well-planned vegetarian or vegan diet can meet nutritional needs during all stages of life. Vegetarian diets have many health benefits and can provide all the essential nutrients. Some people choose to become vegetarian or vegan as a healthy lifestyle and New Zealand, National Health and Medical Research Council, Australia.

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