

VEGETARIAN Addresses Information Vegetarian Restaurants

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## Summary:

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Eating Vegetarian | Nutrition.gov National Women's Health Information Center. Do you know a girl between the 10-16 years-old who is interested in vegetarian eating? If so, share this fact sheet which discusses the different types of vegetarian diets and explains how vegetarians can be sure to get all the nutrients they need. Vegetarianism in a Nutshell - VRG Vegetarianism in a Nutshell. The basics: Vegetarians do not eat meat, fish, and poultry. Vegans are vegetarians who abstain from eating or using all animal products, including milk, cheese, other dairy items, eggs, honey, wool, silk, or leather. Vegetarian Nutrition Resource List Vegetarian Nutrition Resource List May 2014 This publication is a compilation of resources on vegetarian nutrition. The resources are in a variety of information formats: articles, pamphlets, books and full-text materials online.

The Vegetarian Resource Group (VRG) Vegetarian recipes and nutrition information dedicated to educating the public on vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and world hunger.