

Veg Vegetarian Guide Seattle Portland

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Summary:

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Veg101 - Going Vegetarian Becoming Vegan Starter Guide ... Whether you are new to the concept of becoming a vegetarian, curious about the benefits of plant-based diet, doing research, or if you are already a long-time veghead - and for whatever reason be it for the sake of your health, animal rights, or the environment, etc... welcome to HappyCow. Vegetarian Diets: Vegan, Lacto-Vegetarian, Ovo-Vegetarian ... Guide. Vegetarian and Vegan Diets Explained. In this Article In this Article ... Similarly, children under age 5 who are reared on vegetarian and vegan diets can suffer impaired growth.