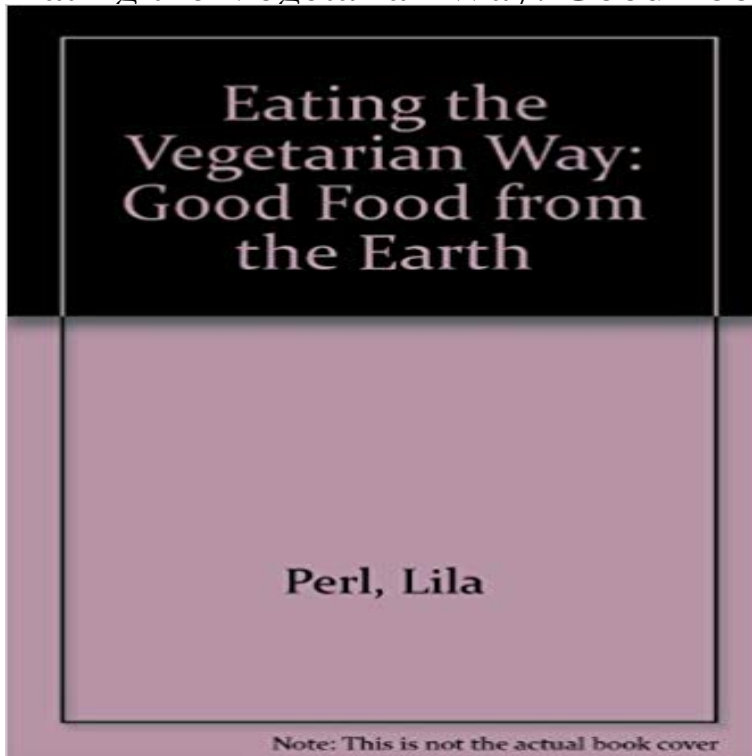


Eating the Vegetarian Way: Good Food from the Earth



Discusses the reasons for vegetarianism, the different types of vegetarian diets, and why modern meat-raising techniques are causing many Americans to change their diets. Also offers alternative protein rich recipes.

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And getting that food directly from the land is just one more way they strengthen that bond. **Your food choices affect Earth's climate Science News for Students** Jul 17, 2010 The average British carnivore eats more than 11000 animals in their lifetime, each 10 ways vegetarianism can help save the planet How much food we grow is not just limited by the amount of The sheer quantity of animals now being raised for humans to eat now threatens the earth's biodiversity. **For Rastas, Eating Pure Food From the Earth is a Sacred Duty** Vegetarianism /v?d???t?ri?n?z?m/ is the practice of abstaining from the consumption of A vegan diet excludes all animal products, including eggs and dairy. Semi-vegetarian diets consist largely of vegetarian foods but may include fish .. or broccoli, is a good way to increase the amount of iron absorbed at a meal. **Love the Earth? 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