

# Becoming Raw The Essential Guide To Raw Vegan Diets

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create a food guide that encompasses a broad range of vegetarian philosophies Through the use of the familiar pyramid shape, the food guide can be used by those seeking to introduce more plant-based options into their diet What are the guidelines of healthful vegetarian diets? While differing traditions of vegetarianism exist, there

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although more extreme diets, such as strict macrobiotic and raw food diets, are often low in energy and a range of micronutrients, making them wholly inadequate and inappropriate for children Weaning onto a vegetarian diet follows the same

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### **EASY Vegan RECIPES - Compassion Over Killing**

Easy Vegan Recipes • 5 New-To-You Food Guide Cheese Dairy-free cheeses are often made from nuts, soy, or tapioca Nutritional yeast (see below) also adds a cheesy flavor to foods Brands: Daiya, Parma, Teese, Tofutti, Treeline, Vegan Gourmet Condiments Condiments, including butter, mayo, and sour cream, are available in veg-friendly forms

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Protect Essential Business Functions - Workforce reduction could put at risk the business operations needed for survival, such as acquiring raw

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