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The New Becoming Vegetarian, Savvy Vegetarian Review The New Becoming Vegetarian is the updated version of Becoming Vegetarian, which came out in 1994, written by the same authors, Vesanto Melina, MS, RD and Brenda Davis, RD, along with Victoria Harrison, RD.

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The New Becoming Vegetarian is just that: an exhaustive text on what vegetarian means and how to be a healthy vegetarian. This book isn't a piece of published propaganda - it's more like a textbook. This book isn't a piece of published propaganda - it's more like a textbook.

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