



101 Vegetarian Eating & Living Tips

Staci Marquez-Nichols

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We all have ideas about what we like and don't like when it comes to food. The problem is that, beyond this very basic consideration, many (or even most) of us don't put much thought into what we eat. Is this healthy? Where did it come from and how'd it end up on the plate? As long as it's there, edible, and desirable, why ask questions? In this book, Staci Marquez-Nichols encourages us to do just that. If you're thinking of making the leap into a vegetarian lifestyle, use these tips to build a foundation of dietary knowledge and keep yourself healthy during the transition and beyond. Maybe you're a vegetarian-in-training and you've already made the decision to stop eating meat. If so, you'll find extra encouragement since the author herself started out as an omnivore. The teasing, temptation, miscommunication, etc. that results from becoming a vegetarian... well, she's been through that already, and with her advice, maybe you won't have to (or at least you'll be more prepared for it if you do). If you're an omnivore, don't discount a book on vegetarianism just yet. Aside from tips on how to live a healthy vegetarian life, Staci also advocates what I'm going to call "dietary diplomacy." She realizes that, no matter what diet we adhere to, the decisions about what we eat are deeply personal. This means that all of us, vegetarians and meat eaters alike, have a responsibility to respect one another's lifestyles.

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