



The Vegetarian Guide to Diet and Salad (Paperback)

By Norman W. Walker

Book Publishing Company, United States, 2008. Paperback. Book Condition: New. Revised. 206 x 135 mm. Language: English . Brand New Book. Dr. Walker provides a wealth of information on the importance of proper nutrition and enzymes in relation to our health. this book is both a cookbook and a nutritional guide that belongs in every homemaker s kitchen. Inside Dr. Walker explains the chemical elements in foods-proteins, amino acids, carbohydrates, etc.-and also explains which food groups provide the best sources of nutrients for our bodies. This book includes over 70 salad combinations along with a mini-encyclopedia of the most common fruits and vegetables.

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