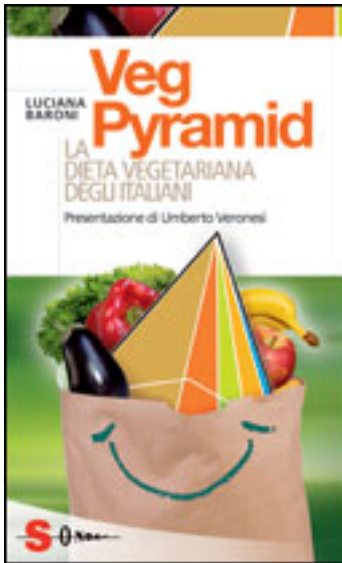




Genre: **handbook/fiction**

Territory: **world**



## **VEGPYRAMID**

### **A guide to vegetarian nutrition**

Over the past decades it has been proven that nutrition has a fundamental effect on our health and that what we eat can have direct implications on our overall well-being. Studies confirm that a healthy diet should rely mostly on vegetable products.

In the book a nutrition specialist, doctor Luciana Baroni, presents the guidelines to a balanced vegetarian diet, which can play an important role in the prevention of a number of diseases and medical conditions.

The volume also analyses the correlation between nutrition and health, through the introduction of the **VegPyramid** and the description of the characteristics of the different nutrients.

This book does not address only vegetarians, but it can be considered a valuable guide to anyone who wishes to improve their diet and their health.

#### **The author** -----

**Luciana Baroni** is a surgeon specialized in Neurology, Geriatrics and Gerontology, who got an international master's degree in Nutrition and Dietetics. She is founder and director of the Vegetarian Nutrition Scientific Association-SSNV and has published many articles on nutrition and lifestyle.

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