



# Say No To Meat

*Amanda Strombom, Stewart Rose*

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**Say No To Meat** Amanda Strombom, Stewart Rose

Say No to Meat dishes up straight talk to young omnivores on the facts of a meat-centered diet. With its lively, accessible approach, and over 35 easy recipes to get readers started, this book provides valuable information on key issues and explains why going veg is a fun, smart, and delicious choice.

Readers will find answers to all their pressing questions: \*What really happens to farm animals?

\*What is the environmental impact of meat production?

\*How can going veg can help global hunger?

\*How does our food affect our health?

Included are tips to handle any situation:

\* Talking to family, friends, and dates.

\*Getting a delicious meal at any restaurant.

\* Easily putting together a balanced diet.

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