



# Animal Ingredients A to Z (Paperback)

By E.G.Smith Collective

AK Press, United Kingdom, 2004. Paperback. Book Condition: New. 3rd Revised edition. 211 x 135 mm. Language: English. Brand New Book. Animal Ingredients A to Z is the bible for vegetarians, vegans, and caring consumers. More and more, we find our everyday foods containing peculiar -ingredients many of which are animal derived. As well as a comprehensive listing of animal ingredients, this easy-to-navigate guide contains supplemental information on vegan nutrition, food alternatives, and contact information for animal advocacy groups. Carol Adams, author of The Sexual Politics of Meat and Bruce Friedrich, director of Vegan Outreach at PETA, offer introductions to this newly expanded edition. Finally, consumers can brave the labels at their local market with confidence. Every vegan should own a copy of Animal Ingredients A to Z. Erik Marcus, author off Vegan: The New Ethics of Eating.



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-- Rosario Durgan

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