

NEWS

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"In a culture where fast food rules and beef is still king, you need a place to go where you can find support for your vegetarian choice--and get the answers you need."

-- from *The Vegetarian Child*

THE VEGETARIAN CHILD

A Complete Guide for Parents

Lucy Moll

Twelve million Americans called themselves vegetarians in 1992 -- a number that had doubled over the previous decade. A large proportion of these new vegetarians are children and teens; whether they are being brought up as "veggies" by their parents or have chosen the lifestyle for themselves.

THE VEGETARIAN CHILD: A Complete Guide for Parents (Perigee; March 1, 1997; \$12.00), by author of the **VEGETARIAN TIMES COMPLETE COOKBOOK** and former executive editor of *Vegetarian Times*, Lucy Moll, is the first-ever comprehensive guide for parents who are bringing up a vegetarian child, planning to do so in the future, or have a child who has recently become a vegetarian.

This book, however, is also for non-vegetarians, near vegetarians looking to become complete vegetarians, and couples like Moll and her husband, in which one partner eats meat, and one does not. No matter what one's eating preferences are, choosing an eating pattern for a child is an issue of utmost importance. **THE VEGETARIAN CHILD** can help parents interested in raising their kids from birth through their teenage years on a healthy vegetarian diet as well as parents who want to understand and learn about the meatless diet because their children are vegetarian.

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Parents want their kids to eat right. This book offers a fresh perspective on eating better by reducing meat meals and adding vegetarian meals kids *really* like.

THE VEGETARIAN CHILD is a unique, up-to-date, and informative guide to vegetarian nutrition and lifestyle for families with children. With 60 recipes and an easy-to-follow question-and-answer format, this comprehensive, accessible guide covers nutrition issues from the prenatal months through the teenage years, and addresses a broader range of readers, targeting the health-oriented, dairy-eating vegetarians who make up the largest segment of the vegetarian market. **THE VEGETARIAN CHILD** is a lifesaver for parents who need reliable, reassuring information at their fingertips.

ABOUT THE AUTHOR: **Lucy Moll**, author of the *VEGETARIAN TIMES COMPLETE COOKBOOK*, and former executive editor of *Vegetarian Times*, has been a vegetarian for 10 years. Her 1 year-old daughter is a vegetarian, her 7 year-old was a vegetarian until age 3 and now is a near vegetarian, and her husband is not a vegetarian. Moll is a recipe developer and teaches cooking classes. She has had articles in *New Woman*, *Health*, *Walking*, *Mademoiselle*, and *Vegetarian Times*.

THE VEGETARIAN CHILD

Lucy Moll

Perigee; March 1, 1997; \$12.00

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