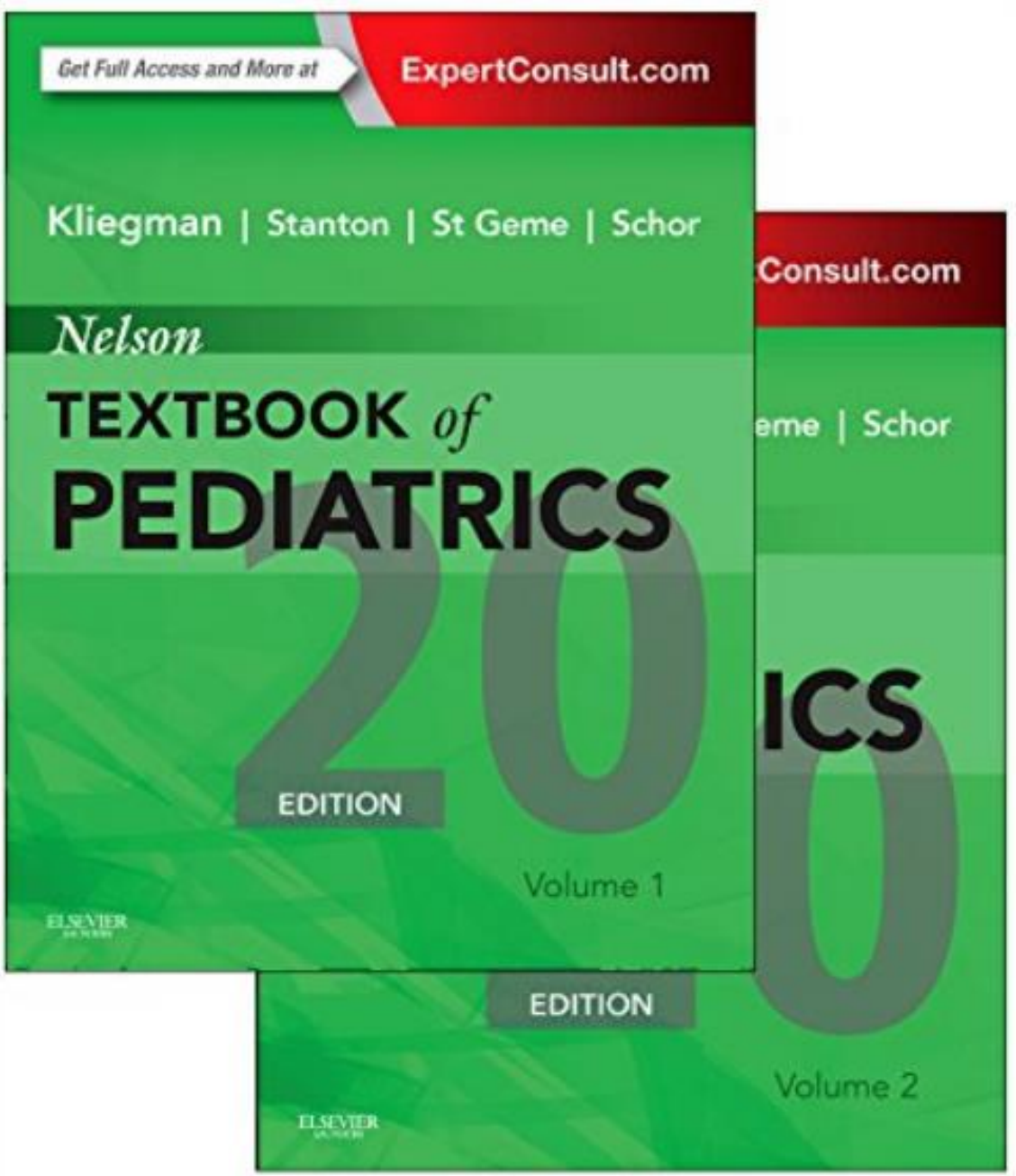
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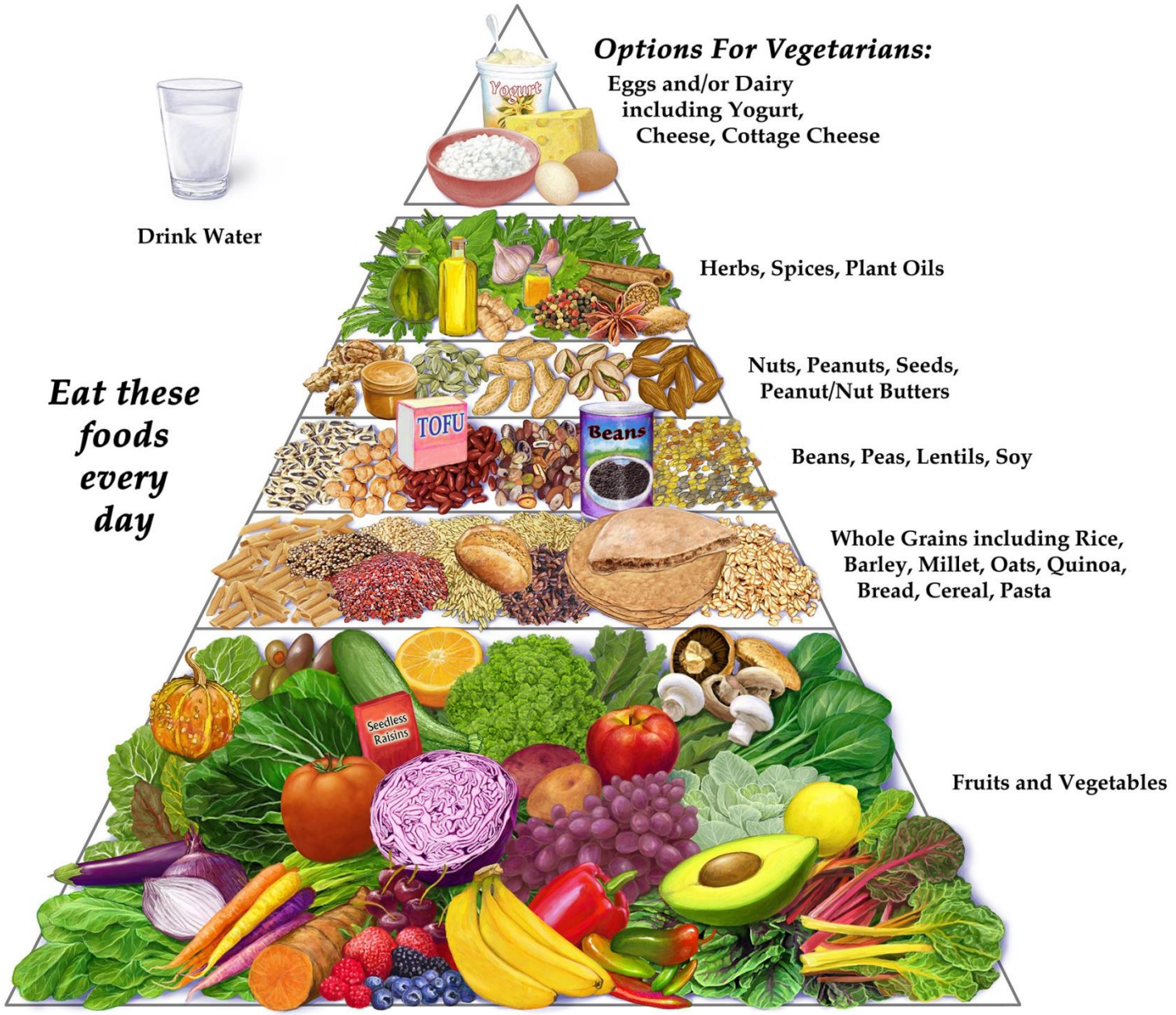
Osnovna obeležja vegetarijanstva i makrobiotičke ishrane su nekompletnost i nedovoljna nutritivna iskoristljivost

Vegetarijanska i makrobiotička ishrana se ne preporučuje trudnicama, dojiljama, deci i osobama izloženim velikom fizičkom naporu

Vegetarian & Vegan Diet Pyramid



RAW FOOD PYRAMID