

Do it for someone
you love



Tonight, make it
vegetarian

The more I've learned about good nutrition, the more I know that vegetarian meals pack the most powerful ingredients into every bite. Try hearty Szechuan tofu, fresh summer salads, or exotic curried potatoes. Make it vegetarian, tonight or every night. Do it for someone you love.

Marilu Henner

For more information, contact: Physicians Committee for Responsible Medicine
5100 Wisconsin Ave., Suite 400 · Washington, DC 20016
(202) 686-2210, ext. 306 · www.pcrm.org