

# New Book Promotes Flexitarian Eating

Dawn Jackson Blatner, RD, LDN, author of *The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Eat Healthier, Prevent Disease, and Add Years to Your Life*, is helping extend the growing movement of incorporating more plant-based foods and less meat in the diet, which is known as flexitarianism, or flexibly vegetarian.

The flexitarian diet isn't about portion sizes, scales, measuring cups, strict eating plans, or charts describing what readers may and may not eat. Instead, it is a philosophy that encourages adding foods instead of eliminating them and keeping portion control sensible. The goal of the diet is to reap the benefits of a vegetarian diet without following the strict rules of vegetarianism.

For more information, visit [www.dawnjacksonblatner.com](http://www.dawnjacksonblatner.com).

