

Veg-Info



[1]



Gerold Wirnitzer, Sportcoach bei change2V:

«Jeder kann jederzeit seine schlechten Gewohnheiten ändern»

Ernährungstipps:
So decken Sie Ihren Nährstoffbedarf!

[2]The Swissveg Magazine

It is the first, oldest and most famous Swiss magazine for all vegetarians, vegans and interested people. Four times

a year, exclusively researched specialist articles are published, with the know-how of more than 20 years of experience in this field. In addition, of course, varied recipes, book presentations, V-label news and background reports on the people and organizations behind the vegan lifestyle.

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