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Plant milk - Wikipedia -

Mon, 01 Aug 2016 11:44:00 GMT - Terminology. Historically, examples can be found of the phrase "plant-based diet" being used to refer to diets with varying amounts of animal-based foods, from none at all to small amounts of any kind of meat, so long as the primary focus is on plant-based foods (semi-vegetarian).

Plant-based diet - Wikipedia -

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