



# The Help Vegetarian Nutrition Guide By Kayla Itsines

**Virginia Messina, J L Fields**



## **The Help Vegetarian Nutrition Guide By Kayla Itsines:**

*The HELP Vegetarian Nutrition Guide* Kayla Itsines, 2014-12-20 The HELP Vegetarian Guide contains Kayla Itsines 107 page clean eating plan including a full 14 day meal plan with recipes Suitable for Vegetarians Vegans and Pescatarians Learn what to eat discover fat burning foods eat tasty meals and speed up your metabolism **Recipe Guide** Kayla Itsines, 2015-06-14 14 days of Kayla Itsines healthy tasty meals Sometimes the only thing harder than the workouts is eating healthy and fighting those junk food cravings Itsines Recipe Guide uses the same nutrition principles as The HELP Nutrition Guide and contains 14 additional days worth of amazing drool worthy recipes Healthy Eating and Lifestyle Plan for Vegetarians Kayla Itsines, 2017 I believe that healthy eating is essential for everyone I also believe that people have the right to choice when it comes to the food they eat While I myself am not a vegetarian it is my mission to help girls obtain adequate amounts of macronutrients and micronutrients while being able to fit in within their chosen dietary choices This is why I have created this Nutrition Healthy Eating and Lifestyle Plan H E L P for Vegetarians Within this eBook I have made reference to and based my recommendations on three of the more common types of vegetarianism Both myself and the Accredited Practising Dietitians of NPA Pty Ltd Nutrition Professionals Australia acknowledge that there are certain nutrients that are more difficult to obtain when following a vegetarian diet For this reason I have highlighted these and provided recommendations as to how to meet the required daily intake I will begin by saying that being vegetarian means different things to different people It is difficult to define Because of this I will highlight that there is not one meal plan or set of recommendations that will fit all individuals who have adopted this lifestyle For this reason I have provided you with four example menus to suit those following a pescatarian diet four example menus to suit those following a lacto ovo vegetarian diet and six example menus for those following a vegan diet As following a vegetarian diet restricts or removes foods from one or more food groups it is important that you liaise regularly with your doctor for regular check ups to ensure that you are in good health **WHAT DOES THIS EBOOK CONTAIN** This information provided within this Nutrition HELP will cover all of your nutritional requirements and provide you with a foundation of nutritional knowledge This includes 14 day meal plan consisting of three meals and two snacks per day 2 days to suit pescatarian diets that also include eggs and milk 2 days to suit pescatarian diets that also includes milk only 4 days to suit lacto ovo vegetarian diets 6 days to suit vegan diets Full recipes for all dinner meals Information about the five foods and serving sizes Comprehensive education section including information about macronutrients important micro nutrients how to alter the mealplan to suit common dietary intolerances and the science behind effective maintainable weight loss Cooking tips and information on food hygiene cheat meals alcohol advice for eating out Comprehensive Frequently Asked Questions FAQ section **Plant-Based Nutrition: Guide on How to Eat Healthy and For a Healthier Body Plant Based Diet Cookbook** Charlie Mason , 2021-02-23 Whether you swear by a vegan diet or you just can't live without beef chicken and other sources of meat in your diet what you eat will affect your

well being And the best diet to help your body thrive is not the one you might think of While the debate about the best diet plan keeps going strong science supports a diet that is rich in whole plant based foods for fighting chronic illness and helping you thrive In fact not only does science shows this many physicians advocate on going on a completely plant based diet especially for their patients who are suffering from cancer heart disease and diabetes And when done the right way you can fill your body with more nutrients than any meat diet can provide In this book we will look at a plant based diet and all the benefits it can provide to your life Some of the information in this guidebook includes Information on plant based nutrition and the factors why this diet is the best for you How this diet can help improve a variety of your health conditions The foods you should eat and the ones you should avoid with plant based nutrition Your ultimate shopping guide How to begin with plant based nutrition The nutritional facts you need to see what science has always known about plant based nutrition The healthy approaches you can follow to make this new eating style work And much more This is the ultimate plant based guide to help you understand the benefits of plant based nutrition and why it is so important to improving your overall health plant based nutrition plant based diet plant based cookbook plant based diet cookbook nutrition books sports nutrition books nutrition for runners nutrition bible plant nutrition optimum nutrition plant based protein orgain plant based organic vegan nutrition shake plant based nutrition books greens first plant based nutrition vegan cookbook vegetarian cookbook **Eat So What! The Power Of Vegetarianism: Nutrition Guide For Weight Loss, Disease Free, Drug Free, Healthy Long Life (Full Version)** La Fonceur,2019-09-20 Are you vegetarian by birth or practicing vegetarianism for health issues Vegetarian foods can prevent you from many diseases it adds valuable and healthy years to your life Many diseases can be prevented with Food Therapy Research Scientist and Registered State Pharmacist La Fonceur has worked closely with drugs and based on her experience she is throwing light to the fact that how plant based healthy vegetarian foods are the remedy to most of our daily health problems This book includes Volume 1 and Volume 2 of Eat So What The Power of Vegetarianism *Plant Based Meal Prep* Stephanie Frazier,2020-02-12 There is so much confusion around the right way to go plant based without stumbling on risky mistakes So i decided to create a easy and complete guite to walk you through the many misconcepts and unclarity around this life changhing way of eating cooking and feeling amazing Are you looking to embrace a healthier and more balanced lifestyle I hope so Are you looking to find a sustainable way of changing your current eating habits but need some extra guidance or information Are you looking for a natural alternative to your current and often wrong eating habits Are you looking for a new plant based eating plan which doesn t require any enormous sacrifices Are you interested in a plant based diet but you need some recipe ideas to get you started Where you nodding while reading Have you just said yes with your head carry on This book and the plant based diet may very well be the right answer for you Here we will explore the plant based eating plan and how it can help you become healthier lose weight and help manage symptoms associated with any medical conditions is it hard Well if you have the right tools and knowledge making this significant

change won't be nearly as hard as you think it is And I am going to give you everything you need to start and feel Awesome About the book The definition and characteristics of the plant based eating plan The various types of approaches to the plant based eating plan A discussion on the plant based keto diet and its benefits A discussion on the plant based paleo diet and its benefits The great benefits of the plant based eating plan How the plant based eating plan can help you manage symptoms associated with medical conditions Great and delicious recipe and meal ideas that you can implement right out of the box right now Moreover you are going to get a comprehensive 30 day meal schedule that you need to follow the perfect plant based diet even if you never cooked a carrot before Plus Nutritional information for every single recipe and much more Ready to Get start Be clear about nutrients and benefits Get amazing recipes Be guided along a delicious path In this volume you will find everything you need to get started Have you tried and failed in the past Well maybe you read the wrong book or got confused with the millions of fake infos out there Perhaps someone close to you has tried this diet and it caused them to develop malnutrition i e anemia and it turned you off from ever trying it yourself again fake info out there\_ That is why this book will help you get the right information to make sure it works as best as it can for you So what are you waiting for Let's get started on this amazing journey to a better and healthier lifestyle You have nothing to lose apart some unwanted weight and everything to gain muscle health So hit that buy now button to get started today

**How to be a Healthy Vegetarian**  
Nancy Addison, 2015 How to Be a Healthy Vegetarian second edition Winner for Best Specialty Cookbook of the Year 2017 in the Book Excellence Awards Winner for Best Diet And Nutrition Book of the Year 2017 in the Beverly Hills Book Awards Double Award Winner Finalist Indie Book Awards Awarded Finalist International Book Awards General Health Category 2016 Nancy Addison's book How to Be a Healthy Vegetarian second edition is the definitive guide that you cannot be without The content is easy to understand and a great resource for anyone looking to live a healthier lifestyle and learn more about vegetarianism veganism raw foods living foods healthy lifestyle wellness organic foods disease prevention diets preventative care and much more Why You Need a Plant Based Diet Studies show that a plant based diet is the healing diet and whether you are a vegetarian vegan paleo eater raw foodist or someone who just wants to be healthier when you add more plant based foods fruits and vegetables to your diet your health will benefit Many have called this book the quintessential encyclopedia of health because it is filled with well researched nutritional information that benefits everyone Packed full with over 110 simple gourmet recipes amazing shopping information nontoxic homemade cleaning and body care information fantastic natural remedies for healthy hair foods to help alleviate stress and increase your libido and awesome resources we recommend that you get this book today Best Health and Nutrition Book of this Century book review on Amazon by Gary Massad M D How To Be A Healthy Vegetarian is an excellent book Having had the opportunity to assist and promote health and nutrition with world class athletes over the last 25 years it is my opinion that Nancy Addison's book is a formula for high level performance in our daily lives I can't imagine a more informative book for the person looking to improve their health

What you put on the end of your fork is more powerful medicine than anything you will find at the bottom of a pill bottle Gary L Massad M D First National Corporate Medical Director and founder of Occupational Health Centers in America Attending physician to the Iron Man Hawaii Attending Physician United States Triathlon Association Attending Physician United States Tae Kwon Do Association Attending Physician United States Cycling Federation The Celebrity Chef You will find out why Celebrity Chef and Nutrition Expert Nancy Addison has been sought out by doctors from all over the world as well as celebrities like Larry Hagman Linda Grey Bob Fanucci Sir Earl Toon Bill Booth Beth Morgan Suzie Humphreys Maryann De Leo and many others Scroll up and grab a copy today [The Plant-Based Diet](#) Vegetarian Academy, 2021-02-27 55% OFF for Bookstore NOW at 25 95 instead of 35 95 Do you want to lose and burn fat to kick start a healthy lifestyle with plant based eating in a few weeks This cookbook is perfect for your Customer An entire nourishments plant put together diet is based on the accompanying standards Whole nourishment depicts characteristic food sources that are not intensely handled That implies entire foul or negligibly refined fixings Plant based methods nourishment that originates from plants and doesn t contain creature fixings for example meat milk eggs or nectar An entire nourishments plant based diet gives you a chance to meet your wholesome needs by just eating normal negligibly handled nourishments where none of the fixings originate from creatures In The Plant Based Diet you ll find What is a plant Based Diet Plant based breakfast recipes Plant based lunch recipes Plant based dinner recipes and so much more Even if you ve never approached a Plant Based based diet you will be able to easily start your own new diet path alone by reading the information inside this guide Set aside your concerns about not knowing what and How to eat Buy it NOW and let your Customers get addicted to this amazing book *The Everything Guide to Being Vegetarian* Alexandra Greeley, 2009-04-18 With nearly 6 million adult vegetarians in the United States a push toward a leaner greener healthier lifestyle is happening everywhere Whether their reasons are moral economic or health related people all over the country and the world are making the switch to vegetarianism In this book you discover Easy ways to get essential nutrition like protein and iron Where to buy fresh high quality produce without breaking the bank Cooking tips and techniques for a vegetarian kitchen such as how to prepare tofu Delicious vegetarian recipes for every meal of the day including choices kids will love The real difference between vegetarian and vegan A vegetarian lifestyle doesn t have to be restrictive with the help of this book it can be liberating and satisfying The key is the right information and recipes so you can say goodbye to meat and hello to a fresh new life **The Smart Girl's Guide to Going Vegetarian** Rachel Meltzer Warren MS, RD, 2014-01-07 Treating your body right is a radical act of self love The Smart Girl s Guide to Going Vegetarian is an inclusive guide written by a nutritionist for young people looking to learn more about what they put in their bodies and how food can be used to practice self care mindfulness sustainability and body positivity These days we re immersed in diet culture every other celebrity is vegan influencers push skinny teas and we all know at least one person who can wax poetic about the benefits of keto But here s the thing what you put in your body isn t about labels or a number on a scale it s about

feeling good and living well No labels No fuss Whether you re going vegan vegetarian fish only chicken only or plant based except for the occasional Crunchwrap Supreme from Taco Bell this book is for you Because mindful eating is for everyone if you want to cut down on meat out of curiosity to boost your energy to care for the environment or to better understand what you need to feel your best here you ll find advice on how to eat well and treat yourself with compassion This accessible vegetarian cookbook and guide includes Daily meal ideas and easy vegetarian recipes that everyone will love Tips for discussing your food choices with family and friends Ideas for finding good food when you re away from home and have less control over what you put in your body Getting enough iron protein and other vital nutrients to live well

**Smart Girl's Guide to Going Vegetarian** Rachel Meltzer Warren,2014-01-07 What would you love Love what you eat No labels No fuss It s not about what you call yourself it s about how you feel Whether you re going vegan vegetarian fish only chicken only or all veggies except grandma s famous pigs in a blanket this book is your new best friend Eating less meat can boost your energy help you lose weight and it s better for the environment If you re looking to cut down on meat or cut it out completely here you ll find awesome advice and the answers you need to make it work for you Get the Scoop On Daily meal ideas and easy recipes even your non veggie friends will want to try How to convince your family this isn t just a fad or a phase Finding good food when you re away from home veggie friendly restaurants colleges and travel spots Getting enough iron protein and other vital nutrients to be healthy because being vegetarian does NOT mean a diet of ice cream and pasta Sneaky meaty things that can end up in food that seems perfectly safe for vegetarians

**The Kind Diet** Alicia Silverstone,2011-03-15 Whether you want to lose weight get healthy or help save the world transitioning to a vegan diet is easy with advice tips and recipes from actress Alicia Silverstone In The Kind Diet actress activist and committed conservationist Alicia Silverstone shares the insights that encouraged her to swear off meat and dairy forever and outlines the spectacular benefits of adopting a plant based diet from effortless weight loss to clear skin off the chart energy and smooth digestion She explains how meat fish milk and cheese the very foods we ve been taught to regard as the cornerstone of good nutrition are actually the culprits behind escalating rates of disease and the cause of dire potentially permanent damage to our ecology Yet going meat and dairy free doesn t mean suffering deprivation to the contrary The Kind Diet introduces irresistibly delicious food that satisfies on every level it even includes amazing desserts to keep the most stubborn sweet tooth happy Alicia also addresses the nutritional concerns faced by many who are new to a plant based diet and shows how to cover every nutritional base from protein to calcium and beyond Whether your goal is to drop a few pounds boost your energy and metabolism or simply save the world Alicia provides the encouragement the information and the tools you need to make the transition to a plant based diet deliciously empowering

**Plant-based Diet the Meal Plan** Hellen Cook,2020-01-31 Are you searching for a guide that can help you losing weight and drives you day by day to a new and healthier lifestyle You re in the right place The vegetarian food industry is booming nowadays That popularity is undoubtedly because many people following a vegetarian

diet are content with it A plant based diet plan can help you stay fit trim and agile for a large part of your life Obesity is an issue that is faced by everyone around the globe According to research over 69% of adults in the United States are overweight or obese This is an issue that should not be taken lightly Fortunately it is easy to overcome and tackle this problem One of the best ways to do it is by making dietary and lifestyle changes to incline more towards the vegetarian side Many studies indicate that following plant based diets is beneficial for the process of weight loss Another problem that adds to your list of worries is that the cookbooks that are generally available in the market are advanced Novice cooks who have just started working in the kitchen cannot keep up with the standards set by these recipe books As a result they are forced to eat boiled vegetables without an ounce of proper seasoning This problem can be tackled with the help of a guide that can provide an excellent plant based diet for beginners Plant Based Diet Meal plan is a step by step guide to maintain your health and fitness The fact that people who adopt a rigid plant based diet and incorporate a large amount of whole food in their daily meals are in better shape comparatively is well known to all It is only a laughable myth that a vegetarian diet cannot provide the same level of protein intake as a non vegetarian diet Most of the dieticians and nutritionists nowadays advise athletes and fitness freaks to follow a regular vegan diet for their sustenance Apart from this a plant based diet can also rid you of cardiovascular diseases and other physical disturbances that can stunt your day to day activities A plant based diet does not only include fruits and vegetables It also includes several other things like nuts seeds legumes whole grains oils and beans Moreover it is an extremely flexible form of diet Can t you stop eating meat because you love it Don t worry another substantial advantage of having a plant based diet is that you can create your boundaries A plant based diet means that you are just choosing vegetarian ingredients more than their non vegetarian counterparts The goal of the e Book is simple To provide a comprehensible and efficient guide to help people devise a healthy plant based diet plan for them It helps beginner cooks to keep themselves in good shape with an efficient and thorough plant based diet meal plan with recipes The book will also teach you Why a plant based diet is the better way to feed yourself How simple is lose weight with the right vegetables How such a diet can boost your health in every field What to eat and what to avoid How to do the perfect shopping A 3 week meal plan to follow to the letter Recipes for breakfast lunch and dinner Would you like to know more Download the e Book Plant Based Diet Meal Plan for a practical guide to devise a healthy vegetarian diet for you Scroll to the top of the page and select the buy now button

**Plant-Based Nutrition, 2E** Julieanna Hever M.S., R.D., Raymond J. Cronise, 2018-01-09

Whether you re vegan vegetarian or omnivore getting your nutrition from plant based foods is one of the best things you can do for your health and it s easier than you might think The science confirms that a diet rich in whole plant based foods can help your body thrive In fact a growing number of physicians advocate a completely plant based diet for many of their patients who suffer from diabetes heart disease and cancer In this all new edition leading plant based dietician Julieanna Hever and Ray Cronise the mastermind behind magician Penn Jillette s 100 pound weight loss transformation team up to give

you everything you need to know about following a plant based diet including A wealth of information on the most nutrient dense foods in the plant kingdom A new Food Triangle representing a completely new way of looking at food and nutrition New perspectives on macronutrients and why categorizing protein carbs and fats as food groups causes unnecessary confusion about what to eat The latest science on oxidative priority and how it explains why many common recipes drive unintentional weight gain Healthspan and longevity recommendations based on the latest research All new recipes from celebrity chefs Matthew Kenney Dreena Burton Jazzy Vegetarian Kathy Patalsky Robin Robertson Fran Costigan Jason Wyrick and Matt Frazier Sample menus to get you started on a plant based lifestyle Tips for stocking your kitchen boosting the nutritional content of your favorite dishes and dining out healthfully

**The Plant-Powered Diet** Sharon Palmer, 2012-12-07 Recipes shopping lists dining out tips and more for anyone from vegans to omnivores Makes the transition to a plant powered lifestyle simple Dawn Jackson Blatner RD author of *The Flexitarian Diet* You can harness the power of whole plant foods to lead a long and vibrant life whether you re vegan vegetarian or omnivorous Numerous studies indicate that by eating whole minimally processed plant foods humans can gain protection against everyday illness diabetes obesity depression mental decline heart disease and even cancer In *The Plant Powered Diet* registered dietitian Sharon Palmer marshals the most up to date findings in nutrition to explain why and how you should fill more of your plate with whole plant foods This guide includes Essential information on the healthiest plant foods whole grains vegetables fruits nuts legumes and even herbs spices chocolate coffee tea and wine Advice for navigating the supermarket kitchen restaurant menus on the go meals exercise and more A fourteen day meal plan plus daily action alerts to get you started Seventy five original plant based recipes for every meal all with complete nutritional data *The Plant Powered Diet* is not a diet you ll go on today and off tomorrow It s a simple satisfying and thoroughly delicious way of eating that can not only last your lifetime but lengthen it This book which is based on compelling scientific evidence will help you find your own plant based eating style that s healthy sustainable and delicious Cheryl Forberg RD James Beard Award winning chef New York Times bestselling author and original nutritionist for NBC s *The Biggest Loser*

*Vegetarian and Vegan Nutrition: The Complete Guide to Plant-Based Health* Boreas M.L. Saage, Discover the science based foundations of plant based eating with this comprehensive nutrition book for beginners Whether you re exploring vegetarian and vegan nutrition for health reasons athletic performance or environmental concerns this guide provides practical knowledge for a successful transition The book covers essential topics including Detailed breakdown of plant based protein sources minerals and vitamins Anti inflammatory vegetarian nutrition strategies and their health benefits Specialized guidance for vegetarian sports nutrition and athletic performance Evidence based meal planning for optimal health at every life stage Readers will learn How to ensure adequate nutrient intake through plant based foods Strategic meal planning and preparation techniques Ways to optimize vegan nutrition for different fitness goals Practical solutions for common nutritional challenges Specific recommendations for

pregnancy childhood and senior years This vegan nutrition book combines scientific research with practical application featuring Clear charts and graphics illustrating nutrient content Seasonal meal planning guidelines Kitchen organization and food preparation tips Solutions for eating out and traveling Written in an accessible style this nutrition book helps readers understand The relationship between diet and inflammation How to support athletic performance with plant based foods Strategies for healthy weight management Methods for boosting immune function Whether you re new to plant based eating or looking to optimize your current diet this guide provides the tools needed for healthy sustainable nutrition through all life stages

**The Complete Idiot's Guide to Plant-Based Nutrition** Julieanna Hever, 2011-08-02 The healthy vegan diet made easy Vegans face their own special challenges when it comes to nutrition and this book provides answers There are about one million vegans in the U S and about 50 000 new ones every year A growing number of physicians advocate a completely plant based diet for many of their patients who suffer from diabetes heart disease and cancer In The Complete Idiot s Guide to Plant Based Nutrition readers will find Where to get nutrients that others get from meat and dairy How to avoid the vegan pitfall of overfed but undernourished How to spot hidden animal ingredients in packaged foods Tips for eating at restaurants Special considerations for children and seniors

**Vegan for Her** Virginia Messina, J L Fields, 2013-07-09 Vegan for Her a blueprint for optimal health and wellness at any age will show you how to lower your risk for breast cancer and heart disease manage conditions like arthritis and migraines diminish PMs and cramps build strong bones for life enhance fertility make an easy transition to a vegan diet and incorporate principles of both fashion and compassion into your home and wardrobe

**Eat So What! The Power of Vegetarianism (Revised and Updated)** La Fonceur, 2021-08-18 Whether you are vegetarian since birth or practicing vegetarianism for health issues or you are a non vegetarian this nutrition guide is for you A new diet trend catches fire every other day but these diets are far from being a healthy diet they can provide a temporary solution to health issues whether it is obesity diabetes or other diseases But in order to stay healthy you must have an in depth knowledge of the foods you eat what is the actual purpose of the various foods and how nutritious they really are A vegetarian diet can protect you from many diseases it adds valuable and healthy years to your life Plant based healthy vegetarian foods can be the solution to most of our daily health problems Many diseases can be prevented with Food Therapy Understand Your Food Scientifically In Eat So What The Power of Vegetarianism research scientist and registered pharmacist La Fonceur helps you understand your food in a scientific and real way so that you are not misled by any random diet With Eat So What The Power of Vegetarianism learn Why is every nutrient important How you can get maximum health benefits from nutrients What are the right types of nutrients for you How can even nutrients be harmful if their right type and right quantity are not chosen No Supplements All Natural When you include the right nutrients in the right amount in your diet you don t need supplements Learn how you can practice vegetarianism all naturally without any man made supplements Learn how you can prevent anemia vitamin B12 and protein

deficiency with vegetarian foods naturally Now you no longer need to depend on man made dietary supplements Get rid of nutritional deficiencies Eat so what The Power of Vegetarianism is the nutrition guide for weight loss disease free drug free and healthy long life Additionally find some healthy and tasty vegetarian recipes with Eat So What The Power of Vegetarianism

**Eat So What! The Power of Vegetarianism (Revised and Updated) Full Color Print** La Fonceur, 2021-08-18 Whether you are vegetarian since birth or practicing vegetarianism for health issues or you are a non vegetarian this nutrition guide is for you A new diet trend catches fire every other day but these diets are far from being a healthy diet they can provide a temporary solution to health issues whether it is obesity diabetes or other diseases But in order to stay healthy you must have an in depth knowledge of the foods you eat what is the actual purpose of the various foods and how nutritious they really are A vegetarian diet can protect you from many diseases it adds valuable and healthy years to your life Plant based healthy vegetarian foods can be the solution to most of our daily health problems Many diseases can be prevented with Food Therapy Understand Your Food Scientifically In Eat So What The Power of Vegetarianism research scientist and registered pharmacist La Fonceur helps you understand your food in a scientific and real way so that you are not misled by any random diet With Eat So What The Power of Vegetarianism learn Why is every nutrient important How you can get maximum health benefits from nutrients What are the right types of nutrients for you How can even nutrients be harmful if their right type and right quantity are not chosen No Supplements All Natural When you include the right nutrients in the right amount in your diet you don t need supplements Learn how you can practice vegetarianism all naturally without any man made supplements Learn how you can prevent anemia vitamin B12 and protein deficiency with vegetarian foods naturally Now you no longer need to depend on man made dietary supplements Get rid of nutritional deficiencies Eat so what The Power of Vegetarianism is the nutrition guide for weight loss disease free drug free and healthy long life Additionally find some healthy and tasty vegetarian recipes with Eat So What The Power of Vegetarianism

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### **The Help Vegetarian Nutrition Guide By Kayla Itsines Introduction**

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