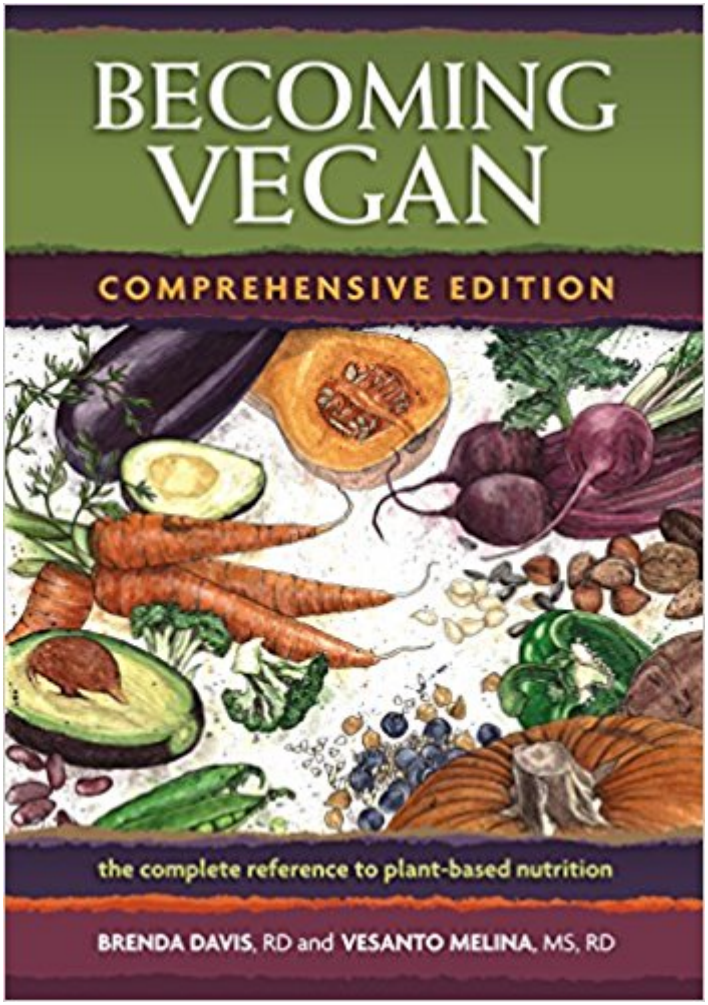
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Becoming Vegan: The Complete Reference To Plant-Based Nutrition (Comprehensive Edition)



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Synopsis

Internationally acclaimed dietitians Brenda Davis and Vesanto Melina specifically designed this fully referenced, comprehensive edition to meet the needs of health professionals, academic librarians, and curriculum developers as well as lay readers with a deep interest in nutrition.The authors explore the health benefits of vegan diets compared to other dietary choices; explain protein and amino acid requirements at various stages of life; describe fats and essential fatty acids and their value in plant-based diets; investigate carbohydrate facts and fallacies; reveal the truth about wheat, gluten, and grains; pinpoint where to obtain calcium, iron, zinc and other minerals without animal products; clarify the importance of obtaining vitamin B12; and show how to attain optimal nutrition during pregnancy and lactation.Nutritional guidelines are provided for infants, children, teens, and adults, including seniors; and a section is devoted on how to achieve and maintain healthy weights and exceptional fitness on a vegan diet. Numerous tables and graphs illustrate each section. A handy graphic of the vegan plate offers a daily plan for healthful eating. Equally beneficial are the sample menus designed for people of various caloric needs.While much of the emphasis is on the health advantages that vegan diets offer, an opening chapter is devoted to the impact of animal agriculture on the environment, and the degree of inhumanity that has dominated the industry. Plant-based nutrition truly benefits the entire planet, and every bite makes a difference.

Book Information

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Customer Reviews

Registered dietitian Brenda Davis is a leader in her field, an internationally acclaimed speaker, a past chairperson of the Vegetarian Nutrition Dietetic Practice Group of the Academy of Nutrition and

Dietetics, and the 2007 inductee into the North American Vegetarian Society's Vegetarian Hall of Fame. Vesanto Melina, a registered dietitian, has taught nutrition at the University of British Columbia and Bastyr University in Seattle. She coauthored the joint position paper on vegetarian diets for the Academy of Nutrition and Dietetics (formerly the American Dietetic Association) and Dietitians of Canada, and is currently a consultant to the government of British Columbia. Brenda and Vesanto's books on vegetarian, vegan, and raw diets are in print in seven different languages and are sold in more than 15 countries.

For anyone who needs to be a total herbivore, this is an excellent source and resource for the nutrition aspects of veganism. It deserves a 5-star rank. That said, there are a few things a buyer should know.DonÃƒÂ¢Ã â ¬Ã â„¢t let the first chapter put you off. ThatÃƒÂ¢Ã â ¬Ã â„¢s the one about the philosophical/environmental/Progressive/animal rights need for Vegans. The authors get that over with early and donÃƒÂ¢Ã â ¬Ã â„¢t bring it up again. If thatÃƒÂ¢Ã â ¬Ã â„¢s all you care about, you will be disappointed. However if you are facing life-threatening illness and need to know the nutritional aspects of your food, this book is for you.There is quite a bit of repetition, much of it unnecessary. The trouble there is the resultant huge size of the Index, which makes it hard to look up subjects. ThereÃƒÂ¢Ã â ¬Ã â„¢s just too much. Sometimes I could not tell which letter of the alphabet was showing. That should be corrected with dictionary guides in the upper corners of the pages.Some items are clearly unnecessary. I would argue that the niacin content of durians is irrelevant. Most people who can read this book (i.e. English speaking) would not venture anywhere near a durian.I purchased this book because it was recommended by Michael Greger, M.D. (ÃƒÂ¢Ã â ¬Ã Å“How Not to DieÃƒÂ¢Ã â ¬Ã Â•). If you have to go herbivore and need a good nutritional reference, this is it.

I previously purchased the Express Edition. It is outstanding. When the Compreshensive Edition was later published I purchased it. Both versions are very good. Brenda is a world class RD. She knows what she is talking about and is very clear about what she says. There are a lot of tables included to back up what she says. Her explanations of the various type of diets, in both versions of the book, including the Paleo, are excellent. Oh yes, she is very clear and logical why the Paleo diet is NO GOOD! She goes in great detail about nutrition, vitamins and minerals.We attend the NAVS Vegetarian Summerfest every year and hear her lecture and answer questions. If you attend Summerfest, she will autograph any books she has authored, and will take time to visit with you. Look up Vegetarian Summerfest on the Internet.

Excellent text used in a Vegan Class that I was able to audit as a 'senior' at West Chester University.Was able to hear her speak and meet personally at The Plant Based Heath and Nutrition Conference in Anaheim late 2016,A sound and committed researcher...and seemingly delightful individual. Thank you! bcm

This is a wonderful book. If you are interested in learning about plant-based Nutrition you should definitely read it. It is very detailed and complete on this subject. It's been a very useful tool for me as a plant-based nutritionist. I highly recommend it!

Great book, very informative.

More like a textbook very informative but not as easy to read as I thought.

Came in good condition! A good read too :) GO VEGAN

Well organized and has all the charts of the comprehensive edition ..good reference book

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