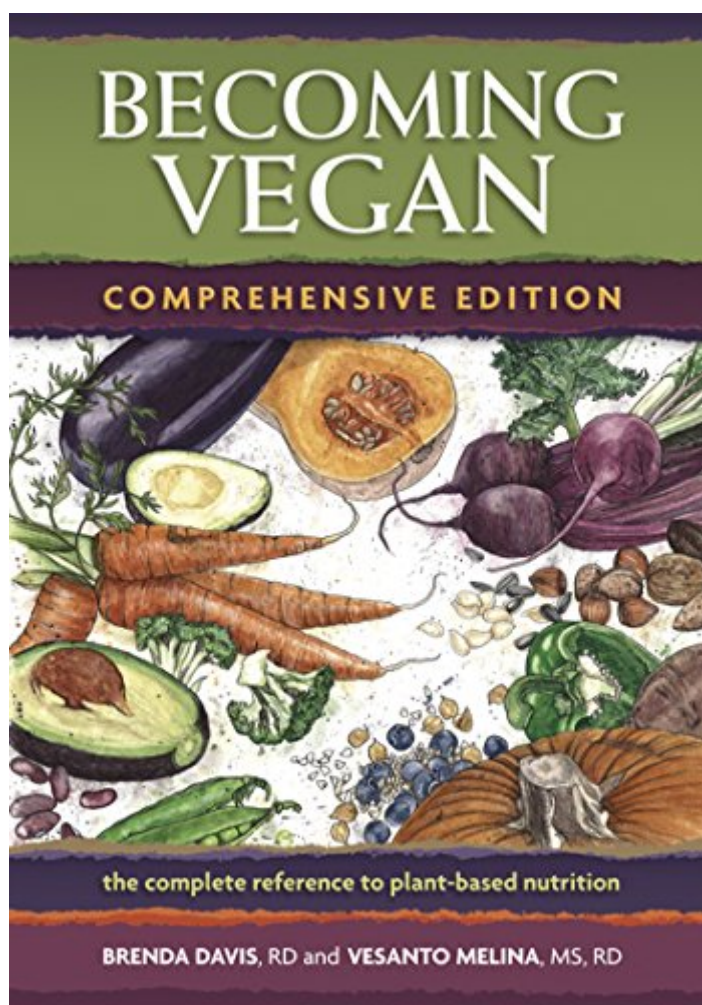


The book was found

Becoming Vegan: Comprehensive Edition: The Complete Reference To Plant-Base Nutrition



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

File Size: 13102 KB

Print Length: 343 pages

Publisher: Book Publishing Company (October 6, 2014)

Publication Date: October 6, 2014

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00O98QBX4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #59,000 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #19

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Reference #100 in Books >

Health, Fitness & Dieting > Reference #123 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Vegan & Vegetarian

Customer Reviews

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. Don't let the first chapter put you off. That's the one about the philosophical/environmental/Progressive/animal rights need for Vegans. The authors get that over with early and don't bring it up again. If that'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. There'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. ("How Not to Die"). 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 Comprehensive 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 Health 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

[Download to continue reading...](#)

Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Becoming Vegan: Comprehensive Edition: The Complete Reference to Plant-Based Nutrition Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious,Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet,Weight loss,Vegan Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smoothies) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Becoming Vegan: The Complete Reference to Plant-Based Nutrition (Comprehensive Edition) The Vegan Power: Why Going Vegan Will Save Your Life (Vegan diet, Veganism, Healthy Eating, Vegan Diet For beginners, Clean Eating, Weight Loss, Vegan Cookbook) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low

Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,)
VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals, Slowcooker, Cast Iron, Meals For One) (Slow Cooker, crockpot, vegan recipes, vegetarian ... protein, low fat, gluten free, vegan recipes) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Vegan: How To Start A Vegan Diet, The Basics Of Vegan Eating, Weight Loss, And Muscle Building (Plant-Based, Fitness, Beginner Vegan, Cookbook, Recipes) Dessert Vegan Box Set 2 in 1: 150+ Ice Cream Vegan and Chocolate Plant-Based Vegan Recipes that are Dairy Free for Easy Rapid Weight Loss for Beginners ... crockpot and cast iron; vegan bodybuilding) Becoming Vegan, Express Edition: The Everyday Guide to Plant-based Nutrition Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)