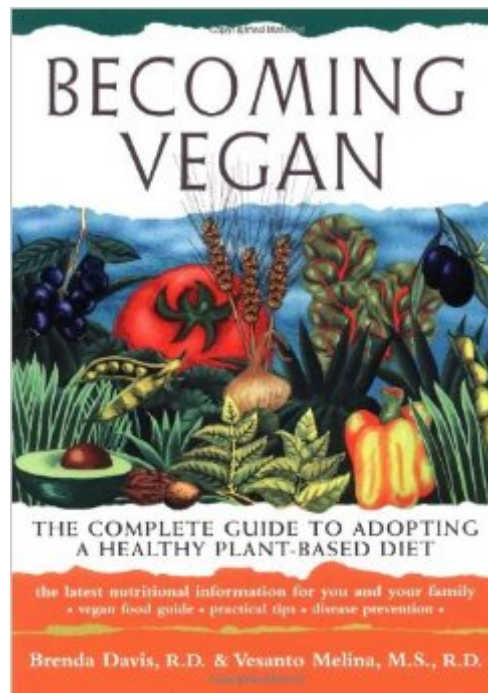


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# Becoming Vegan: The Complete Guide To Adopting A Healthy Plant-Based Diet



## Synopsis

This is the first edition of the most essential guide on plant-based nutrition available. The authors of *The New Becoming Vegetarian* explore the benefits of a vegan diet (eating without meat, eggs or dairy products). More people are realizing the impact of their nutritional choices on their health, the environment, animal rights, and human hunger. As registered dietitians, Davis and Melina are well-qualified to provide information on how a vegan diet can protect against chronic illnesses, how to obtain all the protein and calcium you need without meat or dairy products, as well as the importance of Vitamin B12 and good fats in vegan diets. They also show how to construct balanced diets for infants through seniors, offer pregnancy and breast-feeding tips for vegan moms, advise on how to achieve optimal weight, and give tips on how to deal gracefully with a non-vegan world.

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## Customer Reviews

I just read Brenda Davis' and Vesanto Melina's new book "Becoming Vegan" and am thoroughly impressed with the material and its presentation. The authors did a much more rigorous job of researching and presenting the current scientific data, presenting both the pro and contrary findings than in earlier works. I found the directness refreshing in comparison to some of the less scientific and more evangelistic writings that have been published. Highlights are:-A unique and thought-provoking look at the relationship between diet and chronic disease and the protective effects of vegan diets against the leading killers.-One of the most convincing and well researched explanations on why plant proteins are both adequate and preferable to animal protein as the major

protein source for humans.-The most comprehensive examination of dietary fat and essential fatty acids for vegans written to date.-A thorough and practical discussion on all of the vitamins and minerals of concern to vegans, including calcium, iron and vitamin B12.-Invaluable guidelines for people at various stages of the lifecycle: pregnancy, lactation, infancy, childhood, adolescence and the senior years.-A detailed and thoughtful discussion on matters of weight and shape including underweight, overweight and eating disorders.-Straight-shooting advice about vegan diets and athletic performance.-An exceptional vegan food guide, helping you design a well-balanced vegan diet.-A lively discussion about diplomacy and how to handle sticky situations gracefully in this nonvegan world.I suggest this to you as a must read and something for anyone either considering or already on a vegetarian or vegan diet.Peter Roosen.

I am not a vegan, but am interested in the diet. I may give it a go, at least to see what it is like, after reading this book and seeing how straightforward and non-exotic it really is! I don't think I will ever be interested in the political aspects of Veganism, so the de-emphasized political tone was welcome in this helpful book, which did a lot to make it straightforward and non-intimidating! (If you want more history/political background, there are a number of excellent books out there you should read in addition to this one.)The book is long on the nuts and bolts of veganism -- benefits and pitfalls, how to plan a varied, good tasting, healthy menu, how to get the vitamins and minerals that are more difficult to get on a plant-based diet, etc. It does not spend a lot of time on a soapbox, nor proselytizing -- I suppose the assumption is that the reader is open minded simply by the fact that he or she is reading it. Either way, it gives straightforward, no-nonsense advice on how to do it and be healthy while doing so!One nice touch is a section towards the back called "Vegan Diplomacy" -- which has tactics of how to deal with non-vegans, especially those whose minds are a bit more closed to this kind of thing, and how to maintain good relations with a meat eating world!This book is a "must have" if one is contemplating going Vegan or interested in the diet.

I'm a vegetarian slowly moving into veganism. If you're interested in becoming vegan, this book is a good start. It provides excellent information on general nutrition, as well as details on vitamins and minerals to which vegans will want to pay close attention. It even includes a one-day meal plan for several different levels of caloric needs.If you're a vegetarian or an omnivore wondering why anyone would become vegan, this is NOT the book you want. Melina and Davis, both registered dieticians, focus entirely on their specialty. There is no information about animal cruelty in the dairy and meat industries and no discussion of the environmental and social benefits of a vegan diet. There is also

little mention of vegan concerns outside of diet, such as animal-derived products in toiletries. Except for the final "Vegan Diplomacy" chapter, the book is largely charts, graphs, and phrases like "docosahexaenoic acid." Despite this, "Becoming Vegan" is pleasantly readable. Also, curiously, Melina and Davis choose to base their vegan eating pyramid on the USDA food pyramid, which has been heavily influenced by the meat and dairy lobby and is NOT the best guide to follow for optimal health. I suggest obtaining a copy of "Eat, Drink, and Be Healthy," the Harvard Medical School's guide to healthy eating, and using the special nutritional concerns covered in "Becoming Vegan" to adapt the omnivorous advice in that book to a vegan diet. This is a worthwhile buy for anyone considering veganism. If you're already vegan, it is a great tool for ensuring your diet is nutritionally optimal and for dealing with detractors who doubt a vegan diet is adequate for human health.

I've recently become vegan for health reasons, and this book is my bible. It contains all the up-to-date nutrition information you need to make smart food choices on a plant-based diet. The authors manage to do something that few health writers can: they write for the lay reader without dumbing things down. So, as well as summarizing the data on vegan nutrition, they analyze the strong and weak points of the various studies--which are often based on very small numbers of vegan participants. If you are looking for a cookbook or a book that details the evils of the animal food industry and other philosophical and ethical reasons to become vegan, this is not it. But if you are looking for nutritional facts and advice on putting together a healthful diet at any stage of like, you won't be disappointed in this book.

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