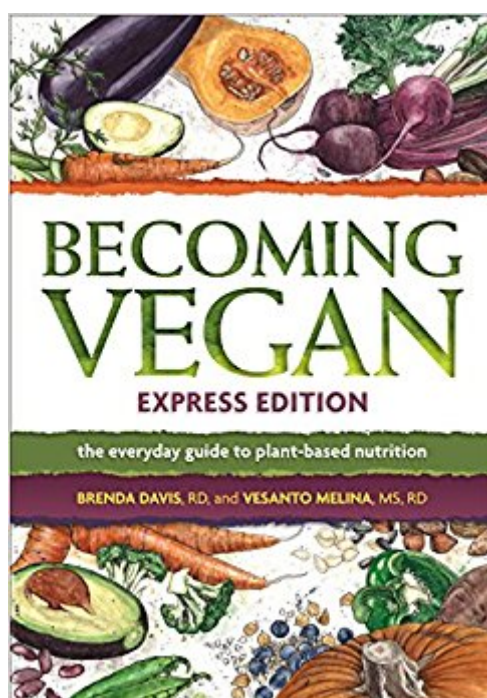


The book was found

Becoming Vegan, Express Edition: The Everyday Guide To Plant-based Nutrition



Synopsis

The completely revised edition of a seminal classic offers fresh insights on the treatment of animals in food production and other industries, the latest findings on the health benefits of a vegan diet, expanded information on phytochemicals, and a thoroughly updated food guide. This streamlined "express" version is extensive in scope, yet manageable for anyone who wants to easily understand how to construct a nutritionally balanced plant-based diet. Here are the latest findings on: using plant foods to protect against cancer, heart disease, and other chronic illnesses; obtaining essential protein without meat, eggs, or dairy products; discovering "good" fats and where to find them; meeting dietary needs for calcium without dairy products; understanding the importance of vitamin B12; designing balanced vegan diets for infants, children, and seniors; and making the most of vegan pregnancy and breast-feeding. Readers will find a sound blueprint to follow for better health for themselves and the planet.

Book Information

Paperback: 284 pages

Publisher: Book Pub Co; 2nd edition edition (August 12, 2013)

Language: English

ISBN-10: 1570672954

ISBN-13: 978-1570672958

Product Dimensions: 7 x 0.8 x 9.9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 38 customer reviews

Best Sellers Rank: #65,828 in Books (See Top 100 in Books) #88 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian](#) #253 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan](#) #702 in [Books > Health, Fitness & Dieting > Nutrition](#)

Customer Reviews

Vegetarianism has gained a modicum of mainstream support, but most people draw the line at veganism. Complete abstinence from all animal products just seems too extreme, too difficult, and everyone wonders how vegans get enough protein. Registered dietitians Davis and Melina cover every aspect of the vegan life, from its ethical foundation, based on the recognition that animals are sentient beings, to how very nutritious and delicious a well-planned, plant-based diet can be. Their clear, detailed, and practical coverage of the benefits of eating vegetables, fruits, grains, legumes,

nuts, and seeds is supported by easy-to-use, remarkably informative charts, and propelled by expertise and enthusiasm. Plant foods are “low in saturated fat, free of cholesterol, and high in fiber” as well as rich in protein, vitamins and minerals, essential fatty acids, and antioxidants. The authors explain how to maximize nutrition via preparation guidelines, meal plans, and menus for all ages and explicate the ways a vegan diet can help prevent and treat cardiovascular disease, cancer, and diabetes. This is the go-to book for understanding and practicing healthy and enjoyable veganism. --Donna Seaman

When I went vegan just over three years ago, the book *Becoming Vegan: The Complete Guide to Adopting a Healthy, Plant-Based Diet* (Book Publishing Co., 2000) by Brenda Davis, R.D. and Vesanto Melina, M.S., R.D. was indispensable on my journey. Written by two experienced and knowledgeable registered dietitians, this is a scientifically backed resource on living optimally on a vegan diet. My copy has certainly become dog-eared, highlighted, and well loved, as I have used the information and advice in it time and time again. That's why I was thrilled about the brand-new follow-up book by the same authors. *Becoming Vegan, Express Edition: The Everyday Guide to Plant-Based Nutrition* (Book Publishing Co., 2013) is a streamlined version of the classic title that still manages to cover all of the necessary topics that both new and veteran vegans need to know about. With chapters on everything from basic nutrition to special dietary needs, this fantastic resource presents complex material in an easy-to-digest format, with threads of compassion and practicality throughout. --Carrie Forrest, *Our Hen House*

Brenda Davis and Vesanto Melina do an outstanding job of nutrition research, bringing readers the most accurate and up-to-date information. --T. Colin Campbell, PHD, Professor Emeritus of Nutritional Biochemistry, Cornell University, and author of *The China Study* Leave it to nutrition pros Brenda Davis, R.D. and Vesanto Melina, R.D. to write the definitive work on vegan nutrition. I thank these classy Canadian R.D.'s for this gift to the plant-based nutrition community - and to all who want a clear, authoritative and readable guide to this increasingly important subject. *Becoming Vegan* will prove to be a seminal and benchmark work, and as a nutritionally-based M.D., I am delighted to have a copy - it will be well used in my practice. --Michael Klaper, M.D. Anyone new to veganism or looking to improve their health on a vegan diet would benefit from the evidence-based information and practical advice...If Davis and Melina have set out to help vegans succeed by being as healthy as possible, then *Becoming Vegan Express Edition* is just the tool needed. --Rebecca Aslam, *American Vegan*

Every so often a book comes along that you feel should be on every vegan's bookshelf (and probably every vegetarian's too). *Becoming Vegan: Express Edition* is one such book. Written by two Canadian

dietitians, *Becoming Vegan: Express Edition* is a comprehensive and authoritative guide to vegan nutrition. --Paul Appleby, Senior Statistician, Cancer Epidemiology Unit, University of Oxford and statistician for the EPIC-Oxford and Oxford Vegetarian studies
Brenda Davis and Vesanto Melina are authoritative and influential leaders in nutrition, and this is one of the most useful guides you will ever own. A plant-based diet provides tremendous power for health. *Becoming Vegan: Express Edition* gives you everything you need to put that power to work for the very best of health. --Dr. Neal Barnard
Becoming Vegan: Express Edition has been selected by Foreword Reviews Magazine as a 2013 Book of the Year Award Finalist! --Foreword Reviews Magazine
Becoming Vegan: Express Edition is a winner of the 2014 Canada Book Awards --Canada Book Awards
2013 Foreword Reviews book of the Year Award Winner, Honorable Mention: Health --ForeWord Reviews
Becoming Vegan: Express Edition is a winner of the 2014 Canada Book Awards --Canada Book Awards

I bought four of these. One for me and one for each child. It is a great book, wish there were more books about Veganism and the lifestyle. This is exceptional.

Love this book! So much information. It should be a text book! I recommend it to anyone who is starting out vegan or having reservations about being vegan. It'll open your eyes and help you with your new diet.

good book

After spending some time by my sister in New York and being vegan I cooked some vegan stuff for her. She became curious about my eating pattern so I bought a book that explains the very concept and necessity of being vegan for her.

I bought *Becoming Vegan* after hearing Brenda Davis speak. She was articulate, knowledgeable, and logical with an impressive resume. I felt this book would fill in all the details of becoming vegan which an hour lecture couldn't do. It did. (I will buy the extended version of the book because I am a nerd and like reviewing all the studies and citations.) It is easily readable but scientifically based. This book does not contain hearsay and I would recommend it as the "go to" book on diet,... any diet.

This is the most up-to-date, thorough book on vegan nutrition written by world-renowned experts in the field. In addition to the nutrition information, the book gives information about why one should be vegan. This is a must-read book for anyone who wants to be a healthy, responsible vegan. Understanding nutrition will go a long way in making veganism successful, compassionate, and enjoyable.

I'm a vegetarian who's pursuing a vegan lifestyle but wanted to make sure I would be successful by educating myself. This book is full of great information. I cried through the entire first chapter. The rest of the book is pretty much your key to success. I am so grateful for the people involved in the making of this book. Thank you for your love for animals and others as you're helping me and many more. Must buy for anyone pursuing a vegan lifestyle. You will gain knowledge on diet, nutrition, health, lifestyle and the horrendous truth behind the cruelty and torture of these innocent animals. 5 stars all the way.

Good book to start. Easy to follow and gives you the basics. Very informative about what to eat and what is necessary to be healthy without meat.

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