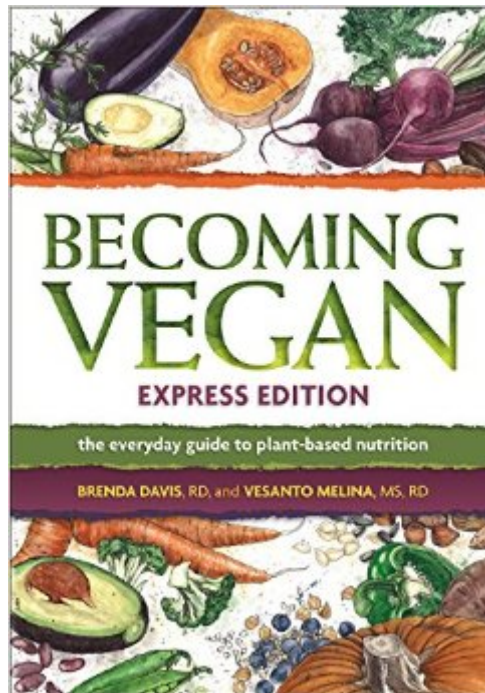


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# Becoming Vegan, Express Edition: The Everyday Guide To Plant-based Nutrition



## 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

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## Customer Reviews

I consider this book a must-read for everyone who eats food! As I'm reading it, I think 'this needs to be a mandatory course in high school to combat the epidemics of diseases in our country.'

Seriously. I've done a great deal of studying nutrition off and on over the years, more intensely as I am now a 'senior'; I am so impressed, sold, and excited by this compact, easy to read, highly informational book! It puts everything together. I started reading the 2000 edition and knew I had to have the updated one so ordered this before I'd finished the first book. It definitely does not disappoint, and is much easier to read, so for those who had trouble deciphering the words and

phrases of the first book, no problems here - try it. I highly recommend this for ANYONE who is having any kind of physical/emotional problem remotely related to food. Die-hard meat eaters just add some meat, but be sure to incorporate the recommendations in this book to improve your health. One of the things I like so much is the charts giving detailed info on food sources of vitamins and minerals, and what they contribute to our health. Also, detailed explanations of phytochemicals and phytosterols - how important they are. I can't say enough about this book - just get it and judge for yourself.

Brenda and Vesanto have done it again. The first two new chapters Widening the Circle of Compassion and the Great Vegan Advantage are outstanding filled with new material not in the 2000 Becoming Vegan. It's a thinner more compact book with wonderful references and presentation

I read the original Becoming Vegan publication, which I consider the best nutritional guide for vegan health. However, although the nutritional content of foods minimally changes and many recommendations remain the same in terms of including varieties of plant foods daily in order to ingest an adequate amount of calories and vitamins/minerals/etc., an updated version including the updated USDA food pyramid (regardless of whether you agree with it or not) and the additional studies on the long-term health of vegans was necessary - this book includes it all. This [update] is the best nutritional guide for vegans that exists.

These authors have years of clinical dietetics experience, working with vegetarians and vegans, so the practical information in this book will be so valuable for anyone contemplating a plant-based diet. I am looking forward to the extended version that also has references. As a dietitian who is also a vegetarian (and an advocate for plant-based diets) I frequently use these books as reference tools.

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.

This book has 3 awards and citations-- "Becoming Vegan Express Edition":\* has been given star rating by the American Library Association as "the go-to book" on vegan nutrition: and\* won a 2014 Canada Book Award, and\* has honorable mention as a finalist in the IndieFab (ForeWord) for a Book of the Year award in the U.S.

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.

The go-to source for everything about vegan nutrition. In my next life, I'll be a vegan doc or RD. Until then, I'm trusting what these two are saying and have been saying for decades. Love the updated research...not paid for by any corporation or special interest. Just good old-fashioned science and facts. While there may be no money in broccoli, at least there are some untainted and dedicated health care professionals trying to provide the truth in digestible bites with no magic bullets...except for plants.

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