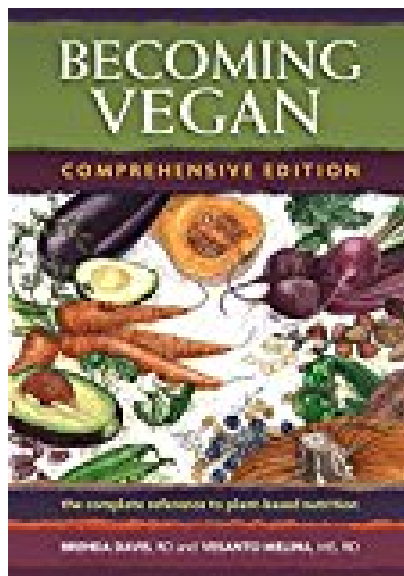


Becoming Vegan The Complete Reference to Plant-Based Nutrition Comprehensive Edition



BOOK DETAILS

- Author : Brenda Davis
- Pages : 604 Pages
- Publisher : Book Pub Co
- Language : English
- ISBN : 1570672970

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BOOK SYNOPSIS

Becoming Vegan: Comprehensive Edition is considered the authoritative reference on how to adopt a plant-based diet. Internationally acclaimed vegan 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. Fully revised and updated, this new edition of a seminal classic offers recommendations from top nutrition researchers on areas of particular concern to vegans. This indispensable reference work includes in-depth analysis on a variety of important topics including using plant foods to protect against cancer, heart disease, and other chronic illnesses; obtaining essential protein without meat, eggs, or dairy product;, and learning how to construct a nutritionally balanced diet for everyone from infants through seniors.

BECOMING VEGAN THE COMPLETE REFERENCE TO PLANT-BASED NUTRITION COMPREHENSIVE EDITION

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