



Becoming Vegan: The Complete Guide to Adopting a Healthy Plant-Based Diet

Brenda Davis, Vesanto Melina

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The authors of *Becoming Vegetarian* explore the benefits of a vegan diet (eating without meat, eggs or dairy products). More and more people are being motivated to become vegans because of 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 the latest information on:

how a vegan diet can protect against cancer, heart disease, and other chronic illnesses
getting all the protein you need without meat
meeting your needs for calcium without dairy products
what vegans need to know about B12
why good fats are vital to healthy and how to get them
balanced diets for infants, children, and seniors
pregnancy and breast-feeding tips for vegan moms
considerations for overweight, underweight, and eating disorders
achieving peak performance as a vegan athlete
how to deal gracefully with a non-vegan world

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