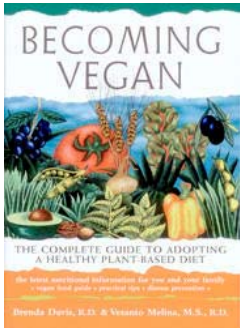


14. Non-Fiction – Nutrition and Health

BECOMING VEGAN by Brenda Davis and Vesanto Melina



Every day, more people are shifting toward a plant-based diet without meat, eggs, and dairy products, as well as avoiding animal products in their cosmetics, clothing, and other household items. Whether you're concerned about your health, the environment, or the animal ethics, here is the information you need to eat well on a vegan diet.

Brenda Davis and Vesanto Melina, two of North America's foremost vegetarian dietitians, present the latest findings on how a vegan diet can protect against cancer, heart disease, and other chronic illnesses. They also show you how to get all the nutrition you need in your daily meals.

Get up-to-date findings on:

- Getting all the protein you need without meat
- Why good fats are important and how to get them
- Meeting your needs for calcium without dairy products
- What vegans need to know about B12
- Balanced vegan 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 nonvegan world

Brenda Davis, RD and **Vesanto Melina, MS, RD** are also the authors of *The New Becoming Vegetarian*.

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