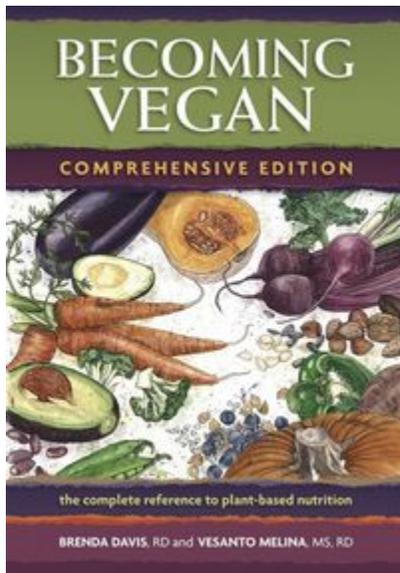


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Designed for health practitioners, nutrition professionals, college coursework, or the sophisticated lay reader, this “comprehensive” edition includes a chapter on eating disorders, additional charts, graphs and tables, and more than 100 pages of references that are not included in *Becoming Vegan: Express Edition*. The authors expand their discussion of: the health benefits of vegan diets compared to other dietary choices; protein and amino acid requirements at various stages of life; the value of fats and essential fatty acids in plant-based diets; and carbohydrate facts and fallacies. They also pinpoint where to obtain calcium, iron, zinc and other minerals (including B12) without animal products; show how to attain optimal nutrition during pregnancy and lactation, and how to achieve and maintain healthy weights and exceptional fitness on a vegan diet. Nutritional guidelines are provided for infants, children, teens, and adults, including seniors. Tables and graphs covering nutrient intakes, composition breakdowns, and food sources based on vitamin and mineral content illustrate each section. A handy graphic of the vegan plate offers a daily plan for healthful eating, and sample menus designed for people of various caloric needs are provided. An opening chapter is devoted to the impact of animal agriculture on the environment, and the degree of inhumanity that has dominated the industry.

