



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

*Brenda Davis, Vesanto Melina*

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**Becoming Vegan, Express Edition: The Everyday Guide to Plant-based Nutrition** Brenda Davis, Vesanto Melina

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.

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