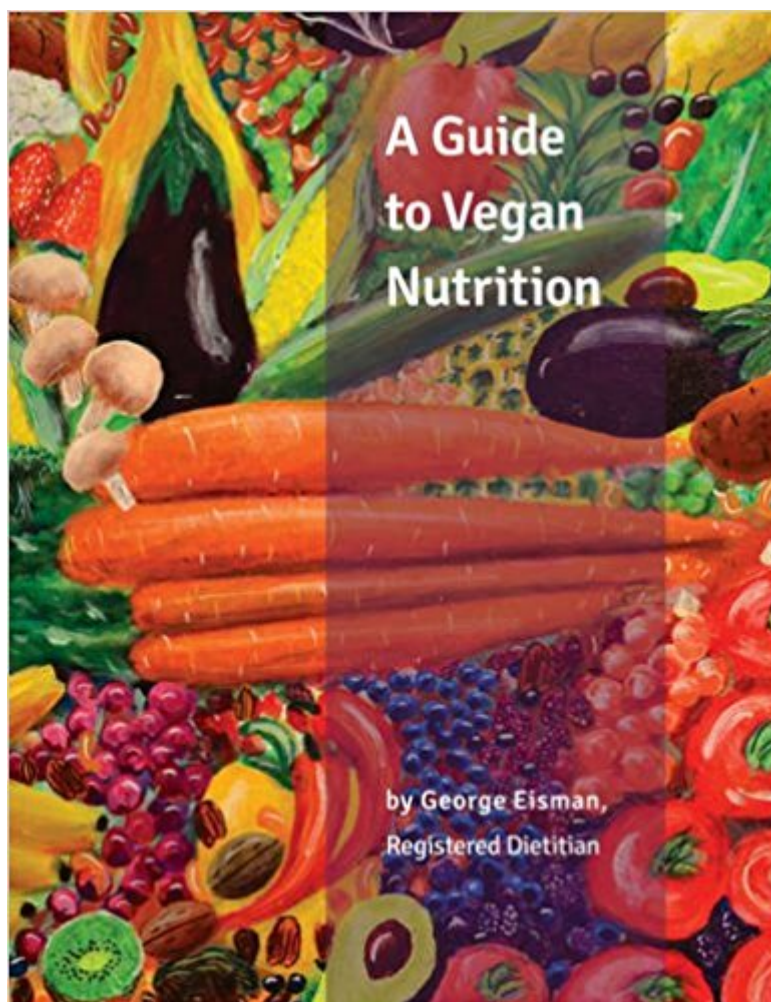


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# A Guide To Vegan Nutrition



## Synopsis

Based on the first US credit-bearing college program in Vegetarian Studies (taught by registered dietitian George Eisman at Miami-Dade College), *A Guide to Vegan Nutrition* is a thorough and authoritative work on vegan nutrition. Drawing on current research, this book covers a variety of topics, including protein, carbohydrates, fiber, lipids, digestion and absorption, vitamins, minerals, how to prevent diet-related diseases, risks and benefits of vegan diets, and descriptions of healthy vegan diets for all stages of life. Each topic is covered in depth, yet this book is concise and the style is readable and straightforward. Also included are illustrations, practice tests, answer keys, an index, and an opportunity for self-paced study leading to a certificate. *A Guide to Vegan Nutrition* is an excellent resource for both long-time vegans and for those who want to transition to a healthy plant-based diet. After reading this book you will be able to answer questions from friends or health professionals who are skeptical about plant-based diets. It has been used as a text for college courses and as a nutrition reference guide by many instructors of vegan food preparation classes.

## Book Information

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## Customer Reviews

This book is a must-have for anyone interested in nutrition professionally or for personal learning. The language is clear and breaks down basic nutrition concepts without overwhelming the reader. There are exercises at the end of the chapters for practice. The real life examples and gentle humor keep the reader engaged. It is one of those books I know I will come back to again and again. Lifestyle improvement is a gradual process and reading this book gets you in the mood to eat healthier so it is something to pick up whenever you feel yourself slipping with your food choices.

Excellent material that teaches a person just about all they need to know to maintain good health. I really like the tests at the end of each section which I believe helps reinforce what you are learning. He also slips in some humor that keeps it from getting too dry. Gary Gill

This textbook in functional human nutrition was the first text that I read on nutrition as well as in biochemistry basics, before graduate school. It is well-written and clear for the general public as well as the student. It is comprehensive and precise. It is not a nutrition book for vegans, but a basic nutrition 101 course for anyone, based on basic physiology as we understand it. I am so thrilled for this text to be revised and available to the public again, and will keep it as my "go-to" nutrition text.

Written in a very clear and engaging style, this book is a concise but comprehensive guide to nutrition. It covers everything from the small (vitamins, minerals, etc) to the large (reasons for following a plant-based diet). The practice tests after each chapter help you learn, or you can take this as a course. Practical as well as theoretical. Provides good motivation for eating a vegan diet and the knowledge to get all the nutrients we need.

Excellent! Not only a wonderfully informative reference on vegan nutrition, but also very readable, well-organized, applicable to everyday situations, and enjoyably creative in the self-tests to help retain the material.

Best book on vegan nutrition I have found thus far. Written as a textbook with exercises at the end of each chapter. The science behind nutrition is explained clearly. Might be a little difficult for non science readers to read. However I highly recommend this book.

I have found this book to be the most 'straight to the point' in explaining all aspects of Vegan Nutrition. It has been my stepping stone to learn, and apply in my lifestyle and for future studying. Admin during completion of the books certification were extremely helpful, kind and encouraging, and I am very grateful that I have had the opportunity to read, complete the questions, and actually be in contact with the Author himself. I would highly recommend this book for those seeking a well rounded informative explanation of the benefits of a vegan lifestyle!

This book is very well written, well organized. It is a bible for anyone who wants to know a basic

course about nutrition. I love the exercises at the end of each chapter. This book is a must for any vegan. It is an excellent reference for non vegans which are in the ignorance or curiosity of eating healthy..

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