



The New Becoming Vegetarian: The Essential Guide to a Healthy Vegetarian Diet

Vesanto Melina, Brenda Davis

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This guide provides statistics on vegetarian eating, as well as up-to-date information on the science behind why vegetarians have an advantage when it comes to their health. Learn what the experts have to say about how to construct a vegetarian diet that meets all your nutritional needs.

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Author : Vesanto Melina , Brenda Davis

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From Reader Review The New Becoming Vegetarian: The Essential Guide to a Healthy Vegetarian Diet for online ebook

Johan says

The perfect book for those who want to switch to a vegetarian diet or for those who want to cut down on animal produce. The book has a very straight forward method of explaining Why and How to become a vegetarian. There are a lot of myths regarding the conversion to a vegetarian diet (that you do not get enough protein, you can only get vitamin B12 from animals etc) which the author dismantles with great conviction.

The book doesn't stop there. Switching your diet not only effects you, but also people around you. If you have trouble convincing others why you are a vegetarian or just don't know what to do when confronted by a carnivore then there is a specific chapter "Vegetarian Diplomacy" for you. When you change your diet it's often harder for others to accept your change than it is for you. Becoming a vegetarian is not hard, it's easy.

I highly recommend this book it's for lack of a better word, a vegetarian "bible".

Penelope says

This book is packed full of information. As another reviewer mentioned, vegetarians and non-vegetarians alike could learn a lot from this book about nutrition. I'm trying to transition into a veg*n lifestyle and this book, or more likely the newer edition, will definitely be added to my collection (I got this copy from the library). I read the entire book, except for chapter 9 ("Vegetarian Nutrition in the Growing Years") since none of that information really applies to me (yet). I thought the "Vegetarian Diplomacy" chapter was a little silly at times, but nonetheless I suppose it covers some of the issues that vegetarians encounter in daily life, although I think vegetarianism is more and more becoming a widely accepted lifestyle choice.

Overall I think this book is full of useful information and tries to be as objective as possible, allowing the reader to make decisions for his or herself. I haven't tried any of the recipes yet, but they seem like good building blocks for a nutritious, diverse vegetarian diet.

Hilary Roberts says

I read this book months ago but haven't been able to write about it because it makes me too nauseous. I still can't write in as much detail as I would like, but I can say how much I loved this book!!! I have read lots of books about healthy eating, along with being vegetarian and vegan; and this book is the best! It is very thorough in explaining all aspects of safely reducing animal protein in your diet. It talks about kids of all ages and even pregnant and lactating women. As a bonus, there were some really good recipes in the back. I'm pretty sure this book also had lots of extra references (websites, additional reading and places to find information) in the back. I honestly think anyone who would like to eat this way should have this book around as a reference!! (Sidenote -- I also think everyone should look into the health benefits of eating this way. Try reading "The China Study").

Amanda says

Excellent book for anyone who is starting to think about a vegetarian lifestyle, like myself, but also great for established vegetarians. This book outlines the benefits of this lifestyle in an easy-to-read way, without seeming pushy. It includes information about how to transition your life to a vegetarian diet (or even vegan) easily, whether it is for health reasons, or moral/ethical based. Includes recipes, dietary information for pregnant women, children, and elderly.

My favorite thing about this book is how it talks you through different dietary needs of the vegetarian, and how to successfully incorporate them into your diet--without too much work!

In addition, I found the "diplomacy" chapter helpful because it shows readers how to resolve conflict between omnivores and vegetarians, and how to explain it to others without coming off judgmentally. In this way, I found the book to be "wholesome" (meaning it includes all aspects of this lifestyle you might have questions or concerns about), which I appreciated.

I cannot stress enough how necessary this book is, and find myself referencing it often.

Katie says

I decided to become vegan at age 14, and my parents bought me this book, since "Becoming Vegan" was not even published yet at the time. They were extremely worried about my health and that I know about nutrition before I started on such a potentially dangerous diet change. Thanks to this book, I have been extremely healthy from the get go, and the nutrition knowledge in this book made me more knowledgeable than even most adults I know today. It's a great resource for anyone thinking of becoming vegetarian, or even someone who would like to know more about nutrition and how to rely a little less on meat.

damla yur says

"why be vegetarian? over five million Americans would each have a unique answer. vegetarians dance to their own music. they have the courage to challenge accepted practices, even those respected as tradition. a good number of vegetarians are health enthusiasts, most have a very big heart when it comes to animals, and many are deeply committed to protecting the environment."

Erek says

A great book about healthful eating. Proves a lot of myths wrong about people who are vegetarian. Help me decide to become vegetarian. Would highly recommended it. All people need to read this book if you plan on eating.

Jennifer says

It's really unfortunate that this book has vegetarian in the title, because everyone can really benefit from reading this book! I am learning a lot about nutrition and balanced diets. I have tagged many pages to refer to in the future! It's nice to read about vegetarianism without being bombarded with PETA-type sensationalism. I would highly recommend this book to anyone concerned about what they eat, for whatever reason!

Wanda says

This is an excellent book on nutrition for everyone, not just aspiring vegetarians. I agree with another reviewer who said that it's a pity that the word vegetarian is in the title, as the information would also be useful for omnivores. I love that it is science based and presented in a logical style. I read a copy from the library, but will be in search of my own personal copy soon.

Simon says

I found this book in a bookshop in Christchurch while on holiday in the New Forest, England. It was one of those browsing bookshop visits and I thought then that it looked sufficiently interesting to memorise the title and authors.

Wind forward several years and I thought of it again. By some miracle, I remembered the details and bought the book. I found it informative, intelligent, thorough and interesting. By far the best case for vegetarianism I have read. I went vegetarian for a couple of years!

This book is worth reading if you are considering going vegetarian. For me, vegetarianism didn't last, save that it changed my diet long term even as an occasional meat eater and enjoyer of the odd bacon butty now and then.

I've kept the book and still come back to it. Excellent!

Maggie says

this is an excellent book that covers all necessary nutritional information and motivational reasons for making a deliberated switch to healthy healthy eating, that may or may not end up vegan. the only reason i gave the book three stars instead of four is because i read the kindle/ebook version which prevented me from truly accessing the charts (of which there are many and most valuable/helpful). should a reader seriously consider switching toward this way of maintaining their diet, they couldn't do better than to get this book. but get the book. forgo the ebook version. it's too serious a topic and the charts are too important to go with the ease of digital reading. imo.

Anna says

Very thorough.

Ann Marie says

I am learning so much. For instance, this morning I had orange juice with my oatmeal because it helps the iron get absorbed better. Then I got some cashews for my mid-morning snack because they are a good source of zinc but you don't eat them with grains because the zinc won't absorb as well. I am excited about these changes because I love oranges and cashews. A must read for becoming a vegetarian.

k.wing says

As a brand-spanking-new vegetarian, I wanted an extensive book that detailed the health and food information I should know with my new diet. *The New Becoming Vegetarian* is just that: an exhaustive text on what vegetarian means and how to be a healthy vegetarian. This book isn't a piece of published propaganda - it's more like a textbook. Personally, I appreciated this fact as that's more of what I was looking for. The studies in this book are mind blowing but also reputable.

The only thing that bothered me about this book was that the author tried to subtly influence the reader into considering veganism. I know, I just said the book was unbiased, and I feel that it is. But the author is upfront about being a Vegan and gives many vegan options and at some points doesn't include dairy in her options. That's fine, I understand, but I think it was a little inappropriate to put those 'gentle nudges' in so soon because many people reading this book are-the title says 'Vegetarian' hint hint-new Vegetarians, not Vegans.

However, my dislike was minimal. This is a really great resource into the diet-science of being vegetarian.

Jenny says

Comprehensive book with quality information and some good recipes. I am more of an omnivore but, I find this super helpful on a regular basis.
