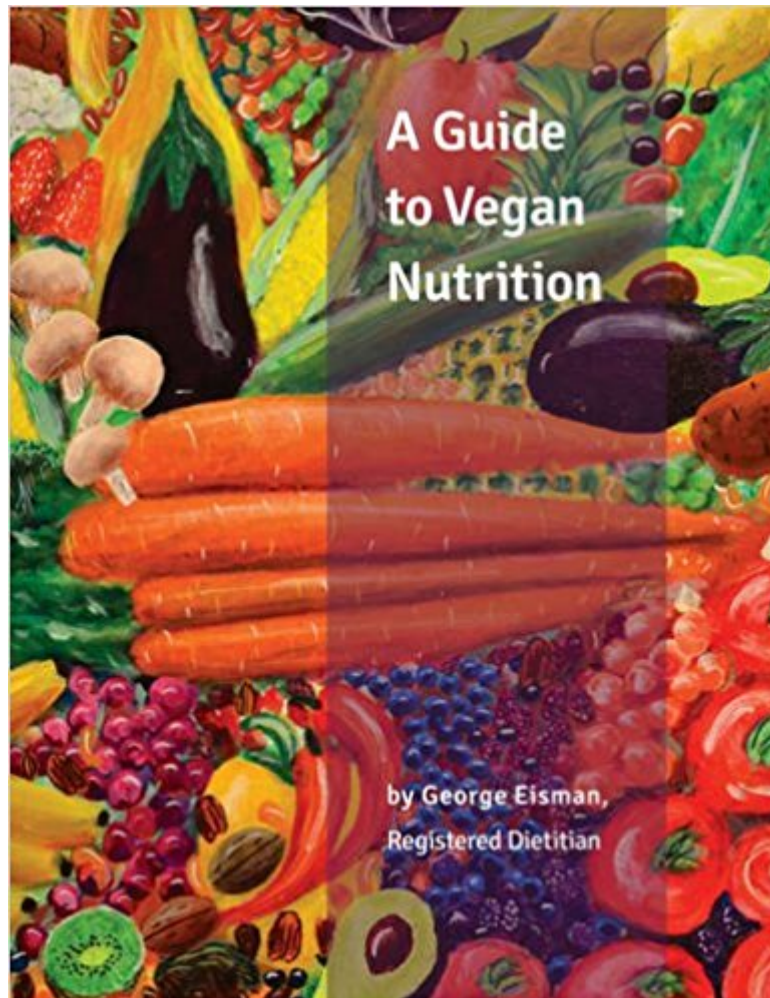




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A Guide To Vegan Nutrition



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

Paperback: 160 pages

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Best Sellers Rank: #216,018 in Books (See Top 100 in Books) #43 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #1667 in Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

George Eisman, director of nutrition for the Coalition for Cancer Prevention Through Plant-Based Eating, has been a registered dietitian for over thirty years. He has taught nutrition at Florida State University and Miami-Dade College (where he founded a certificate program in Vegetarian Studies), as well as at Broward College. Eisman has worked as a dietitian at Miami Children's Hospital and Mount Sinai Medical Center in Miami, as an assistant food service director at Wesley Woods Nursing Home in Atlanta, and as a public health nutritionist for the state health departments of Florida, Georgia, and North Carolina. He is the author of two other books, *The Most Noble Diet* and

Food Choices and Cancer: How Your Diet Affects Risk.

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!

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

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.

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

Very informative. Well written, easy to read. I love the little quizzes at the end of chapters!

Love this!

Excellent resource. Perfect for new vegans, great reference for life long veg heads :)

Received as promised and all good. I enjoy the book.

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