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Becoming Vegan: Comprehensive Edition: The Complete ...
5.0 out of 5 stars The complete reference to (vegan) nutrition. Reviewed in Germany on 12 October 2019. Verified Purchase. The book is the complete reference to nutrition. Although intended for vegans, it covers what science knows about nutrition objectively. Highly recommended! Read more.

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The authors explore the health benefits of vegan diets compared to other dietary choices; explain protein and amino acid requirements at various stages of life; describe fats and essential fatty acids and their value in plant-based diets; investigate carbohydrate facts and fallacies; reveal the truth about wheat, gluten, and grains; pinpoint where to obtain calcium, iron, zinc and other minerals without animal products; clarify the importance of obtaining vitamin B12; and show how to attain ...

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Brenda is co-author of 11 award-winning, best-selling books – Becoming Vegan: Comprehensive Edition (2014), Becoming Vegan: Express Edition (2013), Becoming Vegan (2000), The New Becoming Vegetarian (2003), Becoming Vegetarian (1994, 1995), Becoming Raw (2010), the Raw Food Revolution Diet (2008), Defeating Diabetes (2003) and Dairy-free and Delicious (2001), Kick Diabetes Cookbook (2018 ...

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