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Becoming Vegan is the most
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study. The authors are both

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registered dietitians and completely honest about the often-missed and neglected areas of veganism. They offer easy and doable suggestions on correcting imbalances in the diet.

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Becoming Vegan: Comprehensive Edition, by internationally acclaimed vegan dietitians Brenda Davis and Vesanto Melina, presents the latest scientific findings on plant-based diets and:

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reference on how to adopt a plant-based diet. Internationally acclaimed vegan dietitians Brenda Davis and Vesanto Melina specifically designed this fully referenced, comprehensive edition to meet the needs of health professionals, academic librarians, and curriculum developers as well as lay readers with a deep interest in nutrition.

~~Becoming Vegan: Comprehensive Edition | Brenda Davis R.D.~~

Becoming Vegan is the most thorough (and easy-to-read) book on veganism that I have found, and has a ton of research for further study. The authors are both registered dietitians and completely honest about the often-missed and neglected areas of

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Review by Melanie Powers.

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~~Becoming Vegan Comprehensive Edition~~ is the ONLY book you need to equip you with all things plant based nutrition. It is a complete reference guide and should be on the shelves of all health care professionals, teachers, professors and nutrition enthusiasts. It is heavily researched, fully referenced with over 400 pages of content, and almost 100 pages alone citing all the health and nutrition studies.

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Graphic from “ Becoming Vegan: Comprehensive Edition ” (2014) and from “ Becoming Vegan: Express Edition ” (2013), both by Registered Dietitians Brenda Davis and Vesanto Melina, Book Publishing Co. Here is a plan for healthful eating, designed to keep you in optimal health. Vegetables, shown to take up just over one-quarter of your plate in the diagram, should come from the listings in the ...

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~~—Becoming Vegan: Comprehensive Edition on Apple Books~~

When going vegan, “people get so caught up in rules, they become

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anxious,” says Terry Hope Romero, author of the book *Vegan Eats World*. “Relax and learn to love to cook, explore new cuisines

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~~How to Become Vegan: 12 Tips from the Experts | Reader's ...~~

Becoming Vegan: Comprehensive Edition by Brenda Davis, Vesanto Melina, 2014.

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Becoming Vegan: Comprehensive Edition is considered the authoritative reference on how to adopt a plant-based diet.

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