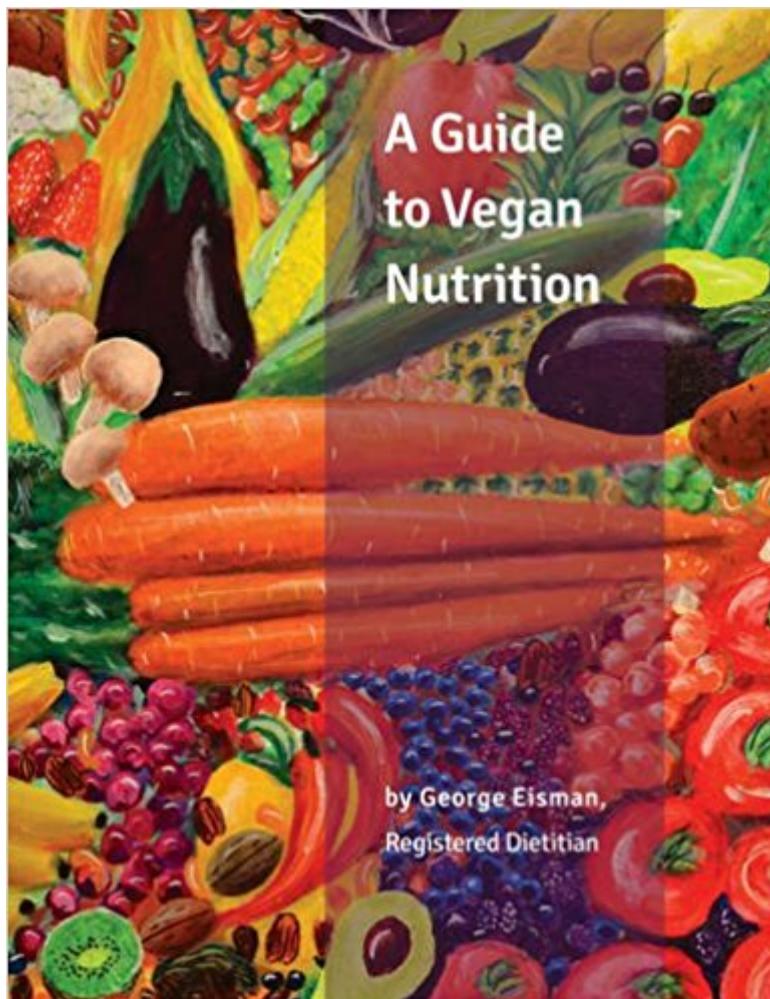


The book was found

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

Publisher: Vegan Publishers (June 11, 2015)

Language: English

ISBN-10: 1940184126

ISBN-13: 978-1940184128

Product Dimensions: 8.3 x 0.5 x 10.9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 18 customer reviews

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 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 healthily..

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.

[Download to continue reading...](#)

Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan

Nutrition) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet,Weight loss,Vegan Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smoothies) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) The Vegan Power: Why Going Vegan Will Save Your Life (Vegan diet, Veganism, Healthy Eating, Vegan Diet For beginners, Clean Eating, Weight Loss, Vegan Cookbook) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Fruitysimon ebook - 100+ Easy Vegan Recipes, Tips and Insights from a 16 y.o. vegan-boy (Wholefoods Plantbased Diet Guide): Vegan recipes and guide by 16 y.o. vegan-boy Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Vegan: How To Start A Vegan Diet, The Basics Of Vegan Eating, Weight Loss, And Muscle Building (Plant-Based, Fitness, Beginner Vegan, Cookbook, Recipes) One-Pot Vegan

Cookbook: Family-Friendly Salad, Soup, Casserole, Slow Cooker and Skillet Recipes for Busy People on a Budget (Vegan, Vegan Cookbook, Vegan Recipes) Mug Cake: The Ultimate Vegan Mug Cake Cookbook: Quick, Easy and 100% Vegan (mug recipes, vegan cookbook, dairy free) (Love Vegan Book 7)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)