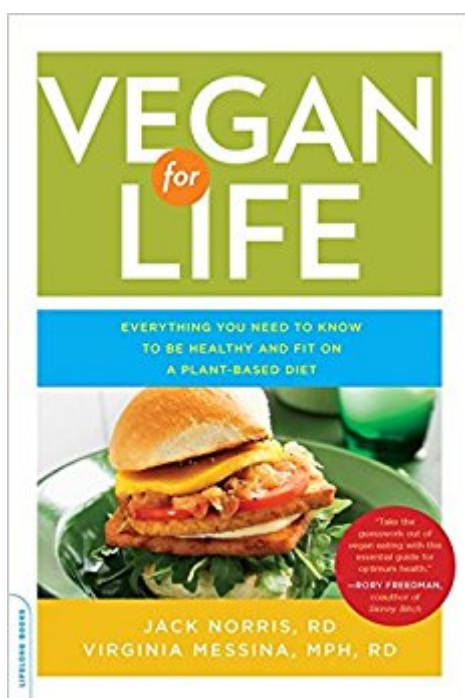


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# Vegan For Life: Everything You Need To Know To Be Healthy And Fit On A Plant-Based Diet



## Synopsis

Are you considering going vegan, but you're not sure how to start? Are you already committed to an animal-free diet, but are unclear about how to get proper nutrients? *Vegan for Life* is your comprehensive, go-to guide for optimal plant-based nutrition. Registered dietitians and long-time vegans Jack Norris and Virginia Messina debunk some of the most persistent myths about vegan nutrition and provide essential information about getting enough calcium and protein, finding the best supplements, and understanding the "real deal" about soy. Covering everything from a six-step transition plan to meeting calorie and nutrient needs during pregnancy and breastfeeding, *Vegan for Life* is the guide for aspiring and veteran vegans alike, complete with an easy-to-use food chart, tasty substitutions, sample menus, and expansive resources.

## Book Information

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## Customer Reviews

"I suggest you read this if you are already a vegan or are contemplating transitioning to a vegan diet. The information is too valuable to pass up."  
Publishers Weekly, 5/30/11  
"Armed with this compendium and a vegan cookbook, novices will make an easy, healthy transition to meat, egg and dairy-free meals, while practicing vegans can use it as a guide to the best food choices."  
Curled Up With a Good Book  
"Whether you've been enjoying a plant-based diet for years or are just starting on the adventure, Norris and Messina will prove to be outstanding mentors. Even if you don't plan to eliminate meat and animal products completely, there's valuable information here about incorporating foods that help

you fight disease, build the immune system, and feel better in general. Vegan for Life is one of those books that you'll pull off the shelf for inspiration and consultation time after time.

• Reno Gazette-Journal, 7/13/11 "Simply amazing | Displaces Becoming Vegan as the definitive vegan nutrition book.

• Metapsychology Online Review, 2/7/12 "A great starting point for anyone who wants to become vegan, and an excellent reference even for people who have always followed a vegan diet.

• FoodCite (blog), 2/7/12 "I cannot speak highly enough about this book. It is well researched and well referenced. It doesn't make any claims without substantial scientific (ie. peer-reviewed publications) support and, best of all, it wasn't too preachy about the whole animal thing.

• Portland Book Review, 2/25/12 "If you're an animal lover, this book may be helpful in helping you find a more compassionate way to eat.

• Complete Yoga (South Africa), April issue "Required reading for those wishing to maximize their plant-based diets.

• Vegan Views (UK), Winter 2011/2012 "A welcome and timely addition to [vegan] literature | Vegan for Life provides reliable, evidence-based, common sense advice for anyone following or seeking to follow a vegan diet. The book is clear, concise and easy to read [and] is both comprehensive and practical, with clearly-presented dietary advice, menu plans and nutrient tables.

• OurHenHouse.org, 4/19/11 JL Goes Vegan (blog), 7/14/11 "Vegan for Life is comprehensive in its use of research (and the authors explain how and why and which research they use) and it's laid out so simply that me, a non-researcher, totally gets it | If you're a new vegan, or a vegan who might be buying into the hype that a vegan diet is not sustainable, read this book. | If you're a vegan who wants a quick resource at your fingertips or the perfect book to hand over to your vegan-curious family member or friend read this book.

• Library Journal, 7/15/11 "This book explains everything one needs to know about going vegan. Comprehensive and succinct, it is a must-have for nutritionists and anyone contemplating a vegan diet.

• AllVoices.com, 7/19/11 "Nutritionists Jack Norris, RD, and Virginia Messina, MPH, RD, fully explain what a vegan diet is, and how to avoid deficiencies of such important nutrients as protein, calcium, and iron. For those considering a vegan lifestyle but afraid that the diet won't keep them healthy, Norris and Messina have the answers | The advice is easy to follow, and can result in a longer, healthier life.

• Bookviews, August 2011 "For those who, for whatever reason, intend to become vegans, this book will be helpful.

• InfoDad.com, 8/4/11 "An effective primer for those just starting to live as vegans and those interested in trying the vegan lifestyle but uncertain about its potential benefits.

Jack Norris, RD, is co-founder and president of Vegan Outreach. He lives in northern California. Virginia Messina, MPH, RD, serves on the advisory board of the Physicians Committee for Responsible Medicine. She lives in Washington.

This book was a great and honest look at the vegan diet. It didn't pull punches in places where it debunked some common myths, even when it might be favorable to the initiated. It respects evidence-based, scientific data over anything else. Just how I like it! It covers the broad range of topics any new vegan would need to know about. I read it in 2 days, which strongly suggests an enjoyable read. Highly recommended!!

The authors are very careful to weigh up all the scientific evidence about nutrition in order to provide the best practical guide for optimum vegan health. There are no extravagant claims made here, unlike the practice of so many self-proclaimed diet gurus. It is a wonderfully encouraging and uplifting book, and will convince you that a vegan lifestyle can be both very healthy and ethical. Also, be sure to check the blog and [veganhealth.org](http://veganhealth.org) website of Jack Norris RD for updates on the latest research and advice.

Excellent book! The author actually knows what she is talking about and this book is not biased in any way. It is facts about nutrition and extremely useful need to know information for people considering a vegan diet. I have read other books that have disappointed me but this one really was very useful. Highly recommended!

Such great information! I really enjoyed reading this book. Was able to pass it on to other friends who were becoming vegan.

Being vegan means learning all the time. This book brought so much nutritional information to me. I love reading information from many sources. As informative as it was, it was quite easy to read and to thoroughly understand-although a second reading would be necessary to remember everything.

I have been eating Vegan for about a year. I want to be really sure that I am doing it right! I have a book that gives similar information, but it is about 10 years old and I know information on nutrition is constantly being updated. I am reading this at present and find it very easy to read and understand.

I like all the charts showing what a vegan needs to incorporate in their diet which I have earmarked with a paperclip so I can easily refer back to them. I think it is just what I need so I can feel comfortable that I am eating as healthy as possible.

I've have adopted a plant-based diet for almost 10 years and this book is the best resource on nutrient info I've read so far!The best thing about this wonderful book, is it tells you what foods, in what portions, and how to combine them for maximum nutrition!Covers all the nutrients needed to maintain a healthy plant-based life lifestyle!Highly Recommend for anyone seeking to transition or become plant-strong!

I really liked this book. Here are a few reasons why:1. It is easy to read. I've gotten bogged down with nutrition books in the past and quickly lost interest. But this book strikes that fine line of being thorough but not overwhelming. I actually looked forward to reading this book and couldn't wait to pick it up again.2. The authors present an honest look at vegan diets. They do not shy away from telling people about what the nutritional shortcomings may be and offering them solutions for dealing with them.3. They make veganism seem attainable and realistic. I know from experience that veganism can be an easy lifestyle to adopt. The authors stress that we do not all have to be raw vegans eating no processed foods at all.4. The authors base their information on scientific studies. And when the studies are not conclusive, they tell us. There is a lot of not-so-great nutritional advice out there, and these authors help weed out the bad information for us.After reading this book, I feel much more confident with my vegan diet. I always knew that eating vegan made me feel good, but now I know how to be the healthiest vegan I can be, for life. And I now have an informed answer when people ask me questions about meeting nutritional requirements with a vegan diet. I highly recommend this book to all vegans & vegetarians and even to folks who are thinking about eating less meat. Go for it!

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