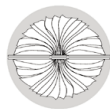


BECOMING VEGAN

THE COMPLETE GUIDE TO ADOPTING
A HEALTHY PLANT-BASED DIET

Brenda Davis, R.D.

Vesanto Melina, M.S., R.D.



*Book Publishing Company
Summertown, Tennessee*

© 2000 Brenda Davis and Vesanto Melina

Cover design: Estelle Carol

Interior design: Warren Jefferson and Cynthia Holzapfel

Published in the United States by

Book Publishing Company

PO Box 99

Summertown, TN 38483

1-888-260-8458

www.bookpubco.com

All rights reserved. The use of any part of this publication reproduced, transmitted in any form or by any means, electronic, mechanical, recording, or otherwise, or stored in a retrieval system, without the prior consent of the publisher, is an infringement of the copyright law.

ISBN10 1-57067-103-6

ISBN13 978-57067-103-6

15 14 13 12 11 10 09 08 07

11 12 13 14 15 16

Davis, Brenda, 1959-

Becoming vegan / Brenda Davis, Vesanto Melina.

p. cm.

Includes index.

ISBN 1-57067-103-6

1. Vegetarianism. I. Melina, Vesanto, 1942- II. Title.

RM236 .D38 2000

613.2'62--dc21

00-058555

The Book Publishing Co. is a member of Green Press Initiative. We have elected to print this title on paper with 30% postconsumer recycled content and processed chlorine free, which saved the following natural resources:

40 trees

1,850 lbs of solid waste

14,410 gallons of water

28 million BTUs

3,472 lbs of greenhouse gases



For more information visit: www.greenpressinitiative.org. Savings calculations thanks to the Environmental Defense Paper Calculator at www.papercalculator.org

CONTENTS

ACKNOWLEDGEMENTS • IV
FROM THE AUTHORS • V

- 1: VEGAN ROOTS • 1
 - 2: PERSPECTIVES ON VEGAN HEALTH • 14
 - 3: PLANT PROTEIN • 39
 - 4: BIG FAT LIES • 52
 - 5: THE TWO FACES OF CARBOHYDRATES • 77
 - 6: PROSPECTING FOR MINERALS • 89
 - 7: VITAMINS FOR VEGAN VIGOR • 120
 - 8: PHYTOCHEMICALS • 143
 - 9: THE VEGAN FOOD GUIDE • 153
 - 10: BUILDING VEGAN DYNAMOS • 162
 - 11: GROWING VEGANS • 175
 - 12: THE PRIME OF LIFE • 195
 - 13: OVERWEIGHT • 206
 - 14: EATING DISORDERS • 220
 - 15: UNDERWEIGHT • 234
 - 16: THE VEGAN ATHLETE • 244
 - 17: VEGAN DIPLOMACY • 260
- APPENDIX: VEGAN RESOURCES • 270
GENERAL REFERENCES • 276
INDEX • 277

ACKNOWLEDGEMENTS

To everyone who contributed time, attention, and energy to this project, we offer our heartfelt appreciation.

Sincere gratitude to those who made this book possible:

Cynthia Holzapfel, our editor, Bob Holzapfel, our publisher, Michael Cook, Warren and Barbara Jefferson, Gwynelle Dismukes, Barb Bloomfield, Kathleen Rosemary, and Anna Casini. It is a continuing pleasure and privilege to work with every one of you, both professionally and personally.

Love and gratefulness to our families:

Paul Davis (Brenda's husband) and David Melina for support, advice, encouragement, and hours of computer assistance. David, your example and experience as a 20-year vegan offered us incredible practical insight and tremendous inspiration. Leena Davis (Brenda's daughter) for thoughtful review of the teen section and for taking over many household chores. Cory Davis (Brenda's son), for fresh squeezed juices, shoulder rubs, and loving care that made each day a little brighter. Chris Crawford (Vesanto's son and Kamloops artist) and Kavyo Crawford (Vesanto's daughter, scuba diving instructor, and sailor); thanks for the joy of having both of you in our lives.

Deepest appreciation to our cherished advisors and those sharing many hours of invaluable insight:

The late Jay Dinshah and Freya Dinshah, Dr. Paul Appleby, John Borders, Jennie Sawyer, Dr. Michael Klaper, Dr. Mark Messina and Ginny Messina, M.S., R.D., Victoria Harrison, R.D., Dr. Paul Harrison, Parveen Girn, Sooze Waldock, artist Dave Brousseau (Vegan Food Guide Pyramid) and Estelle Carol, cover artist.

Special thanks to those who contributed to specific chapters, providing thoughtful reviews and suggestions:

Dr. Susan Barr, Dr. Winston Craig, Dr. Reed Mangels, Dennis Gordon, M.Ed., R.D., Corinne Eisler, R.D., Bob Bessed, Kevin Fichtner, Ketti Goudey, M.S., R.D., John Westerdahl, M.P.H., R.D., Dr. Neal Barnard, Lisa Dorfman, M.S., R.D., Samara Felensky-Hunt, R.D., Nancy Guppy, R.D., Mark Berman, Catherine Grainger, Julie Rosenfeld, Alex Herschaft, Lucy Goodrum, Liz da Silva, R.D., Dr. Bill Harris, Kristen Yarker, Bonnie Cheuk, Lauren Holm, Dr. Tim Key, Susan McFee, Valerie McIntyre, Amanda Benham, R.D., Barbara Txi Hannah, Shirley and Al Hunting, Wendy Laidlaw, Barb McCoy, Guy Frederickx, Kathleen Quinn, R.D., Jean Freemont, R.D., Monika Woolsley, M.S., R.D., Joseph Pace, Mike Koo, Maureen Butler, Davida Gypsy Brier, John Davis, Bruce Friedrich, Anne Marie Gentry, Dr. Stephen Walsh, Amanda Benham, and Dr. Sarwar Gilani.

Warm acknowledgement to those who gave of their time and energy to support this project:

Dr. Karl Seff, Fran Costigan, Joseph Forest, Sarah Ellis, M.S., R.D., Dr. Dean Ornish, Francis and Carol Sue Janes, Rose Kane, Graham Kerr, Karin Rowles, Ron Pickarski, Jennifer Raymond, M.S., Cherie Soria, Joanne Stepaniak, M.S.Ed., Yves Potvin, Howard Lyman, Suzanne Havalala, M.S., R.D., Carol Coughlin, R.D., Sylvia Lambert, Peter and Irene Andor, Michelle Eng, and La Vonne Gallo.

FROM THE AUTHORS

Becoming vegan is an expression of one's profound reverence for life. For some, it is a deliberate step towards the preservation of this planet. For others, it is a declaration of respect for all living things. For many, it reflects a commitment to personal health. Whatever the reason, a vegan lifestyle is a huge leap into a world that is very different from the one in which most of us grew up. Every step you take towards a more compassionate world is one of celebration.

We wish you much peace and joy in your journey.

May *Becoming Vegan* serve as a powerful ally and traveling companion.

Brenda Davis and Vesanto Melina

Brenda Davis, R.D.

Brenda Davis is a registered dietitian in private practice. She is coauthor of the best seller, *Becoming Vegetarian*, *The New Becoming Vegetarian*, and *Defeating Diabetes*. Brenda is a recognized leader in her field and an internationally acclaimed speaker. She is a past Chair of the Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association. She has worked as an academic nutrition instructor, a public health nutritionist, a clinical dietitian, and a nutrition consultant. She specializes in essential fatty acid nutrition and lifecycle challenges. Brenda is currently working on a diabetes research project in the Marshall Islands. She is a committed vegan. Brenda lives with her husband and son in Kelowna British Columbia. Her website is www.brendadavisrd.com

Vesanto Melina, M.S., R.D.

Vesanto Melina is a registered dietitian and coauthor of *The New Becoming Vegetarian*, *The Food Allergy Survival Guide*, *Becoming Vegetarian*, *Raising Vegetarian Children*, and *Healthy Eating for Life to Prevent and Treat Cancer*. She is co-author of the most recent Position Paper on Vegetarian Diets and the vegetarian section of the *Manual of Clinical Dietetics, 6th edition*, both joint projects of the American Dietetic Association and Dietitians of Canada. Vesanto is an internationally known speaker and consultant to individuals, government, and the food industry on vegetarian nutrition and foods. She has taught nutrition on the faculty of the University of British Columbia and Bastyr University near Seattle. Vesanto has been vegetarian for 30 years and vegan for 15 years. She lives in Langley, near Vancouver, British Columbia. Her website is www.nutrispeak.com.

DEDICATION

*To those who inspire us,
with lives guided by conscience and compassion*

Donald Watson

Dr. Frey Ellis

Jay and Freya Dinsdale

Bob and Cynthia Holzapfel and the vegetarian and
vegan pioneers of The Farm
Pioneering vegetarians and vegans of the American,
British, and Australian Dietetic Associations, and
Dietitians of Canada