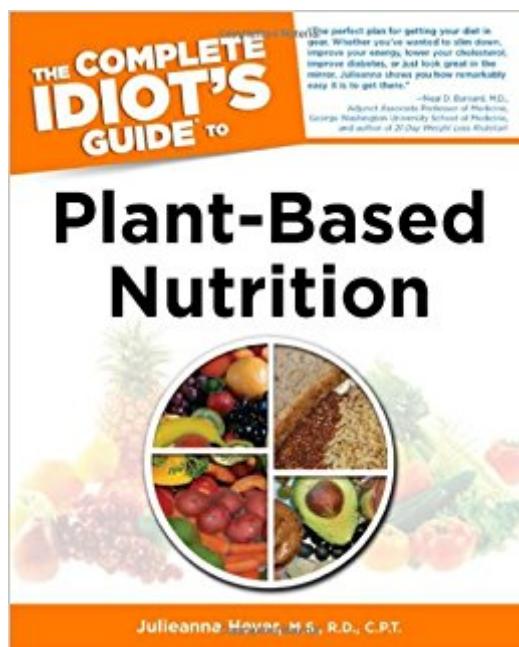


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# The Complete Idiot's Guide To Plant-Based Nutrition (Idiot's Guides)



## Synopsis

The healthy vegan diet-made easy. Vegans face their own special challenges when it comes to nutrition and this book provides answers. There are about one million vegans in the U.S. and about 50,000 new ones every year. A growing number of physicians advocate a completely plant-based diet for many of their patients who suffer from diabetes, heart disease, and cancer. In *The Complete Idiot's Guide(r) to Plant-Based Nutrition*, readers will find: • Where to get nutrients that others get from meat and dairy. • How to avoid the vegan pitfall of overfed but undernourished. • How to spot hidden animal ingredients in packaged foods. • Tips for eating at restaurants. • Special considerations for children and seniors.

## Book Information

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## Customer Reviews

Julieanna Hever, M.S., R.D., C.P.T. is a Plant-Based Dietitian and an ACE-Certified Personal Trainer who has owned To Your Health Fitness and Nutrition in Southern California for 12 years.

I love this book! I love the recipes! I like how it is different from all the other "vegan" books out there; it is a step up. Instead of being called a vegan book it is a "whole-food plant-based" how to book. Vegan books usually contain lots of oil, sugar, salt and mock meats...Julieanna explains why all of these "anti-nutrients" are not good for you and how to get around using them in fun and delicious ways. I love the whole concept of the book. Great job Julieanna! She is an inspiration to me because I was a vegan for five years and fell off the wagon for cheese and now I am back on,

thanks to her passion. This book reminded me all of the reasons I went plant-based five years ago and I will be giving this book to loved-ones as a reference because it explains everything you will ever need to know about being an herbivore!

The Complete Idiot's Guide to Plant Based Nutrition, by Julieanna Hever is a beautifully written work which explains the importance of healthy eating. The book is designed for people who know little about plant based nutrition, and for those who are fully knowledgeable. The book may be read cover to cover or the reader can pick out items from the Table of Contents which may be of particular interest to them. I went directly to the Super Snacks (wouldn't you just know it?) chapter and really look forward to trying some of those treats. I then turned to the Super Seniors chapter because living a long and healthy life is right about where I am. Every reader will find much of interest in terms what makes us healthy and what drags us down. Even though the title of this series of books (Idiot's Guide) would lead one to think this book is for the un or undereducated person, it is not. Mrs. Hever has done a wonderful job of presenting evidence to back up all of her positions on diet and health. In Appendix C, she provides nutrition charts which are a scholarly look at the facts regarding plant based nutrition. Anyone who has ever wondered how we really get our protein, or how many vitamins we really need, or what happens to us as we get older will find the answers clearly explained in this book. When you finish reading it you will be very well informed indeed on how to improve your total life style, and just feel better about yourself and how you provide for your family nutritionally speaking. Buy it today!

The Complete Idiot's Guide to Plant Based Nutrition is beautifully organized, a pleasure to read, and totally inclusive of everything we need to know in order to eat healthfully(plus more: shopping, fitness, disease, wonderful recipes...). All ages are addressed. Scientific references back up material included. No "woo woo". The book contains an encyclopedic amount of information that was both interesting, and easy and fun to read. I have bookmarked many pages to help me to a healthier life. This is a book that I will give to my friends and know that they will read it cover to cover, over and over. This awesome book will not gather dust on the shelf!

After hearing about The China Study, I decided to needed to try a plant-based diet. Now the big problem: where to begin. I "looked inside" several recipe books and books that claim to show you the way. In the end, I chose Julieanna Hever's The Complete Idiot's Guide to Plant-Based Nutrition because she speaks plainly but intelligently, includes all the details you need to understand nutrition

without making you scratch your head in confusion. I admit there were a few places where the science gets a bit thick but that's the nature of the beast, isn't it? The body is a complex organism. This turned out to be the best place to start, explaining how the body works and telling me what I need in my diet to nourish every part of the body. She also includes some great-sounding recipes to get me started. There are also hints on how to change some of your favorite recipes to make them plant-based. That was an amazing and very useful addition to the book. I recommend this book to anyone thinking they'd like to change their eating habits to plant-based.

I am a big reader of books on healthy eating. Some of the titles include, "Eat to Live", "The Starch Solution", "Healthy at 100", "Whitewash", "The Spectrum", "Neal Barnard's Program for Reversing Diabetes", and "Forks Over Knives". But this book has it all. Whenever I read something new in another book or hear about it in a YouTube video or elsewhere, I go back to this book and find it, clearly spelled out and minus the hype. There is a wealth of information on things like the differences among the many fats, proteins and carbohydrates we have to choose from--which are healthier and which are not. There are tips on planning for healthy eating, including information for pregnant women, kids, seniors and athletes. It is a great guide to use to transition into a whole-foods, plant-based way of eating. This one book is all you really need. There is no "diet" spelled out; it's simply a really good basic guide to healthy plant-based eating. The book is about 75% text and 25% recipes. The recipes are fairly basic but good to have to be able to substitute for the unhealthy versions: a cheese-free "Parmesan" shake, plant-based sour "cream", hummus, and egg-free oatmeal cookies. You will also want to find more recipes on the internet or in some of the many really good plant-based cookbooks available now.

I have always struggled with my weight. I've been to every nutritionist and still could not get the concept of proper eating. Lack of understanding on eating healthy is what keeps people a slave to their weight problem. Plant -Base Nutrition is A must have Book to have in your book collection to reference it's packed with lots of healthy choices.lots of helpful tips and it's not difficult to undersatnd. Everything is broken down. I love this book and i share it with many people i come in contact with who are battling a weight loss problem. since putting this book into practice i feel better, im not tired all the time, i have better mobility and my blood pressure is controlled now and i've lost 20pounds so far and counting :) thanks for reading my review

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