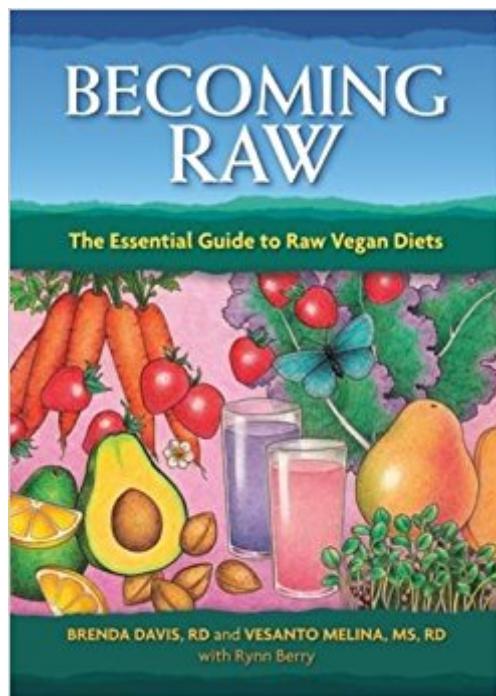


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# Becoming Raw: The Essential Guide To Raw Vegan Diets



## Synopsis

This book contains a wealth of information on the raw food lifestyle. Nutrition experts Brenda Davis and Vesanto Melina once again provide the essential information needed to safely embrace a new dietary lifestyle. As they did for vegetarians and vegans in *Becoming Vegetarian* and *Becoming Vegan*, they present the first authoritative look at the science behind raw foods. And both old converts to raw foods and new recruits alike will be fascinated with food historian Rynn Berry's presentation of the first narrative history of the rawfoods movement in the United States. More people are jumping onto the raw foods bandwagon either to lose weight, fight chronic health problems, or simply to benefit from the high level of nutrients found in uncooked or sprouted foods. Readers will find science-based answers to tough questions about raw foods and raw diets, easy-to-follow nutritional guidelines, and practical information on how to construct a raw diet that meets recommended nutrient intakes simply and easily. A section of over forty-five recipes provides dishes for any time of day and every occasion. Nutritional analyses are given for each recipe. Also included is a section on what foods and equipment are needed to get started and what raw food preparation basics are good to master. This book is a major contribution to the raw foods movement.

## Book Information

Paperback: 352 pages

Publisher: Book Publishing Co.; 1 edition (February 5, 2010)

Language: English

ISBN-10: 1570672385

ISBN-13: 978-1570672385

Product Dimensions: 0.8 x 7.2 x 10.2 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 66 customer reviews

Best Sellers Rank: #381,445 in Books (See Top 100 in Books) #86 in Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #272 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #2532 in Books > Health, Fitness & Dieting > Nutrition

## Customer Reviews

Brenda Davis is a registered dietitian in private practice and co-authored *The New Becoming Vegetarian*, *Becoming Vegan*, *Defeating Diabetes*, and *The Raw Food Revolution Diet*. She has worked as an academic nutrition instructor, a public health nutritionist, a clinical dietitian, and a

nutrition consultant. Brenda specializes in essential fatty acid nutrition and life cycle challenges, and has published numerous articles on these and other topics relating to vegetarian nutrition. Vesanto Melina is co-author of the Position Paper on Vegetarian Diets and coordinated the vegetarian section of the Manual of Clinical Dietetics, 6th Edition, both joint projects of the American Dietetic Association and Dietitians of Canada. Vesanto has taught nutrition at the University of British Columbia and Bastyr University, and is an internationally known speaker and consultant to individuals, government, and the food industry on vegetarian nutrition and foods. Among her published books, Vesanto co-authored *Becoming Vegan*, *The New Becoming Vegetarian*, and *The Food Allergy Survival Guide*. Rynn Berry is the historical advisor to the North American Vegetarian Society and was recently commissioned to write the entry on the history of vegetarianism in America for the *Oxford Encyclopedia of American Food and Drink* (2005). He is the author of six major books on vegetarianism that include *The New Vegetarians*, *Famous Vegetarians*, *Food for the Gods: Vegetarianism and the World's Religions*, *Hitler: Neither Vegetarian Nor Animal Lover*, and an annual publication *The Vegan Guide to New York City*. Rynn is a regular speaker at the annual Vegetarian Summerfest, is a popular radio guest who appears frequently on talk shows from coast to coast, and has had his articles published in national and international newspapers and magazines included *The New York Times*, *The Toronto Star*, and *The London Sunday Telegraph*.

First of let me start by saying this book is more technical than most nutrition books. Which some people love and some people probably hate. It's full of lots of information that's useful and some recipes at the end. The book is written in a very objective style and just gives you the facts. There are not many studies however done on raw food diets so I would encourage to you also read other books. But this book is an excellent starting point.

This book goes over everything you need to know about going raw vegan. I would have gone raw even if I hadn't read this book, but the book really helped a great deal. It is remarkable how much my life has changed since going raw, I have felt love for people(including strangers) and sometimes it feels like my life is an adventure. Make sure you get enough vitamin B12, which you can get from nutritional yeast. If you're going raw, definitely get this book.

This book is full of info on food & phytochemicals and how they interact with the body. I use it as a reference. it's not really a sit-down-and-read-chapter-by-chapter type book (for me, anyway). It's really come in handy though, for instance, if you're wondering about sprouting your own sprouts vs.

store bought, you will find a section on that. Curious about mushrooms? should they be eaten raw? theres a section on that. Want to be up on the latest studies that link food to illness? Or how what we eat actually effects the body, or HOW we eat the things we eat effects us? Theres a section for that. There's many charts and facts and even some pretty good raw recipes & instructions on making your own sprouts and other raw vegan foods. This book is very usefull for those who like knowing the facts of raw eating.

In the interest of full disclosure, I first must admit that my initial interest in this book was only my friend Rynn Berry's contribution of a single chapter, the historical overview of raw foods as a movement in Europe and especially USA. Rynn's writing here, as always, is edifying, sparkling, and captivating. I enjoy reading anything Rynn writes, even his very literary reviews of restaurants I never intend to visit. Even erudite, he could write an owner's manual about car repair of the Model T Ford and make it worth my reading just for his brilliant writing style alone. My attention drawn to his one chapter, I then poked around the rest of the book by the two other authors. Though written in a simple expository style, its information is insightful, judicious, well organized, and well researched. Indeed, this is the best single compilation about a raw foods diet that I've read or browsed, and during the past 40 years I've read and browsed many such books. As an inveterate high raw vegan since 1970, mine is the voice of experience. The authors are not themselves raw foodists, so present their information with objectivity and authority, the former which most raw foods authors lack, the latter which most raw foods authors feign. And do not be misled by the title, as this book has much from which even those who years ago "Became Raw" can learn.

Love this book and it came in wonderful condition, thank you!

Absolutely fantAStic! CrAmmed with informationand explanation. It's giving my vegan flutteringsa soaring feeling... many thanks guys!

A very comprehensive and informative book on the subject. I recommend this in addition to the sister volume "becoming vegan: comprehensive edition".

This is a very concise and very informative book. I loved it and read it straight thru once I opened it. They say nothing bad about not eating raw but just give you the truth whether negative or positive about the subject. I appreciate the honesty. So many times people write books and think being

negative towards those who disagree is the right thing to do then they tell you how wonderful and positive their point of view is. They don't do that. Even though everyone knows how wonderful eating fruits and vegetables are they actually give you some precautions so you make the right choices and don't harm yourself. Excellent book.

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