



## Becoming Raw: The Essential Guide to Raw Vegan Diets

By Brenda Davis, Vesanto Melina, Rynn Berry

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**Becoming Raw: The Essential Guide to Raw Vegan Diets** By Brenda Davis, Vesanto Melina, Rynn Berry

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.

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### **Editorial Review**

#### About the Author

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*.

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