



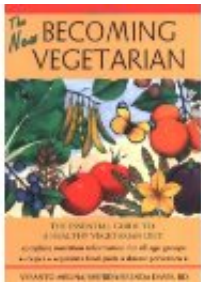
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The New Becoming Vegetarian: The Essential Guide to a Healthy Vegetarian Diet by Vesanto Melina, Brenda Davis

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“

Such diets may lack vitamin B12 and may be deficient in vitamin D. They also may provide insufficient protein, carbohydrate, fat, vitamins, and minerals, and too much fiber, to meet the needs of infants and young children. [Read more at location 119](#)

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• Undo deletion

B001GCUMC2 3978 Note: [Add a note](#)

“

Pythagoras, born around 580 B.C., [Read more at location 204](#)

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• Undo deletion

B001GCUMC2 a1312CUN7W58DJ 6784 Note: First notable vegetarian. Not very long ago, in the grand scheme. [Edit this note](#)

“

Among the most interesting findings of this study was that nuts reduced the risk of heart disease more than any other food studied. [Read more at location 370](#)

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• Undo deletion

B001GCUMC2 12331 Note: [Add a note](#)

“

In fact, in this larger combined analysis, vegans had 26 percent less risk compared with 34 percent in lacto-ovo vegetarians. This is a surprise, because based on blood cholesterol levels we would expect vegans to have significantly less heart disease than lacto-ovo vegetarians. [Read more at location 373](#)

• Delete this highlight

• Undo deletion

B001GCUMC2 aOFIZK6TSTDOJ 12460 Note: Or maybe cholesterol is a bad measure of risk. I'm not surprised by this, and the logic here is faulty. [Edit this note](#)

“

Tropical fats are also loaded with saturated fat, but because we eat relatively little of these fats, they don't contribute much to our overall saturated fat intake. [Read more at location 418](#)

• Delete this highlight

• Undo deletion

B001GCUMC2 a1XJW6KFKWRD38 13947 Note: or maybe saturated fat isn't dangerous and the meat eaters are always confounded by sugar and flour. [Edit this note](#)

“

other 10 percent comes from meat and milk. (Trans-fatty acids are naturally produced in animals.) [Read more at location 421](#)

• Delete this highlight

• Undo deletion

B001GCUMC2 a31JSWK2HYV23R 14041 Note: these naturally occurring trans fats have been shown to not be dangerous. [Edit this note](#)

“

Several studies suggest that vegetarians consume less trans-fatty acids than nonvegetarians, while vegans consume even smaller quantities. (For more on [Read more at location 422](#)

• Delete this highlight

• Undo deletion

B001GCUMC2 a3UB90K4Q6WP7W 14058 Note: Finally a real reason, though it has nothing to do with being vegetarian since trans fats are made from plants. [Edit this note](#)

“

eggs). Vegan diets are completely cholesterol free. [Read more at location 433](#)

• Delete this highlight

• Undo deletion

B001GCUMC2 aAN8U2MODBMQ7 14437 Note: Didn't we already learn vegans are worse off than vegetarians for heart disease? That's right, and it means dietary cholesterol doesn't promote heart disease. [Edit this note](#)

“

Intakes of refined carbohydrates can be high in any diet, although there is some evidence that vegetarians, especially vegans, consume more whole grains. [Read more at location 435](#)

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• Undo deletion

B001GCUMC2 a1PNCJTG982MR4 14501 Note: Another real reason. But again, it has nothing to do with being vegetarian and has more to do with being health conscious. [Edit this note](#)

“

Fortunately, we can convert ALA to EPA and DHA in our bodies. [Read more at location 446](#)

• Delete this highlight

• Undo deletion

B001GCUMC2 aUSLYM4EFIYLG 14856 Note: Very, very inefficiently. The studies I've read say you cannot count on this for your EPA. [Edit this note](#)

“

EPA also is present in most seaweed (in very small quantities), and DHA is found in some microalgae and eggs (especially omega-3-rich varieties). [Read more at location 447](#)

• Delete this highlight

• Undo deletion

B001GCUMC2 14923 Note: [Add a note](#)

“

However, in recent years, DHA from microalgae has become available in supplement form. [Read more at location 449](#)

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B001GCUMC2 14959 Note: [Add a note](#)

“

most concentrated sources of folate are legumes, vegetables (especially leafy greens), fruits (especially citrus fruits), nutritional yeast, sunflower seeds, and whole and folate-enriched grains and grain products. Vitamin B6 is widely distributed throughout the food supply and is plentiful in whole grains, legumes, and many

plant foods. [Read more at location 450](#)

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B001GCUMC2 15030 Note: [Add a note](#)

“

Vitamin B12 is found in all animal foods and in vitamin B12-fortified foods. Plant foods are not reliable sources of vitamin B12 unless fortified. [Read more at location 451](#)

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B001GCUMC2 15056 Note: [Add a note](#)

“

B12. Vegan diets are especially low in B12, unless they include fortified foods or supplements. [Read more at location 453](#)

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• Undo deletion

B001GCUMC2 15094 Note: [Add a note](#)

“

Approximately 70 percent experienced reversal of their disease. [Read more at location 483](#)

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• Undo deletion

B001GCUMC2 a3DRTCGNLUU6BP 16082 Note: was this because of weight loss? [Edit this note](#)

“

After two and one-half years on a Mediterranean-style diet, patients had an unprecedented 76 percent lower risk of dying of a heart attack or stroke when compared with patients on the "heart healthy" diet. [Read more at location 489](#)

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B001GCUMC2 16322 Note: [Add a note](#)

“

These studies strongly suggest that it is something other than a lack of fat in the very low-fat vegetarian diets or the presence of olive oil in the Mediterranean diet that is responsible for their health benefits. [Read more at location 491](#)

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• Undo deletion

B001GCUMC2 aFASMEAVWER1V 16409 Note: Fish? [Edit this note](#)

“

Neither eating pattern is high in saturated fat, trans-fatty acids, cholesterol, or animal protein-food. [Read more at location 494](#)

• Delete this highlight

• Undo deletion

B001GCUMC2 a2I2R53MDIFI5P 16472 Note: its the processed foods, stupid. [Edit this note](#)

“

Researchers also found that replacing only 2 percent of total calories from trans-fatty acids with unsaturated fats would reduce risk by an astounding 50 percent. Two percent of fat as trans-fatty acids would typically be less than 5 grams; this is the amount in 2 ounces (57 grams) of microwave popcorn or a medium order of fries. [Read more at location 499](#)

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B001GCUMC2 16681 Note: [Add a note](#)

“

ensure sufficient vitamin B12 intakes with fortified foods or supplements. It is extremely important that vegetarians, who make such positive diet and lifestyle choices, do not undermine these benefits by ignoring their need for vitamin B12. (See chapter 8 for [Read more at location 504](#)

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• Undo deletion

B001GCUMC2 16827 Note: [Add a note](#)

“

can improve levels of EPA by consuming sufficient quantities of ALA, the form of omega-3 fatty acids in flaxseeds, walnuts, and other plant foods, or by consuming direct sources of DHA (DHA-rich eggs or supplements). [Read more at location 507](#)

• Delete this highlight

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B001GCUMC2 16909 Note: [Add a note](#)

“

In the Health Food Shoppers Study (U.K.), cancer death rates were about 70 percent of the cancer death rates in the general population. In this study, cancer rates did not differ significantly between vegetarian health food shoppers and similar nonvegetarian health food shoppers. In the Oxford Vegetarian Study (U.K.), death rates from cancer in vegetarians were 61 percent those of nonvegetarians. Although differences were not significant when vegetarians were compared to nonvegetarians with a healthy lifestyle, rates were about 11 [Read more at location 528](#)

• Delete this highlight

• Undo deletion

B001GCUMC2 a329SNJKMVMGSO 17664 Note: In other words, vegetarians don't do better than healthy omnivores. [Edit this note](#)

“

Why are vegetarians at an advantage? [Read more at location 531](#)

• Delete this highlight

• Undo deletion

B001GCUMC2 a3G6EXRJO9K1HH 17677 Note: didnt that last paragraph say vegetarians do not have an advantage? healthy eaters do. [Edit this note](#)

“

Alcohol consumption among vegetarians has been shown to be lower than in the general population. [Read more at location 549](#)

• Delete this highlight

• Undo deletion

B001GCUMC2 18313 Note: [Add a note](#)



Adventist Health Study suggests that white meat (poultry and fish) may also be suspect. Compared with vegetarians, people eating red meat at least once a week had a 37 percent increase in risk, and those eating red meat more than once a week had an 86 percent increase. Surprisingly, those eating white meat less than once a week had a 50 percent increase, while those eating it more than once a week had a 200 percent increase in risk. [Read more at location 560](#)

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• Undo deletion

B001GCUMC2 aACK5MGFEOEKY 18735 Note: Interesting, red meat sounds better than poultry. I wonder if this reflects the antibiotics in chicken? Or the lack of fat? [Edit this note](#)



Whole grains. There is little doubt that whole grains protect people against cancer, especially cancers of the gastrointestinal system (stomach cancer, in particular) and hormone-related cancers. [Read more at location 635](#)

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• Undo deletion

B001GCUMC2 a22S54QM4XCADO 21169 Note: Really? [Edit this note](#)



While there are a number of possible explanations for these benefits, experts believe that they may be related to improved intestinal flora (bacteria in the intestines) on vegetarian or vegan diets. People with rheumatoid arthritis have been found to have more antibodies to specific bacteria compared with people without the disease. Plant-based diets appear to alter intestinal flora and the body's response to the bacteria in a positive way. [Read more at location 696](#)

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B001GCUMC2 23277 Note: [Add a note](#)



Vitamin B12. Use fortified foods, supplements, or appropriate amounts of dairy products and eggs (see chapter 8). Vitamin D. Ensure sufficient sunshine and/or fortified foods (see chapter 4). Iron. Iron deficiency is common among athletes, especially endurance athletes. Female runners are at the highest risk. It is wise to monitor iron status by having occasional laboratory tests. Insure ample intake of iron-rich foods such as legumes, seeds, nuts. [Read more at location 832](#)

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B001GCUMC2 27798 Note: [Add a note](#)



Zinc. Zinc needs increase with intense exercise, as it is necessary for metabolism and is lost in perspiration. To ensure sufficient intakes, include plenty of legumes, nuts, seeds, and whole grains in your diet. [Read more at location 835](#)

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B001GCUMC2 27849 Note: [Add a note](#)



Other examples of insufficient dietary protein (and iron and zinc) occur with the "fries and granola bars"

vegetarians or those who try to live on pasta and bagels.[Read more at location 848](#)

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B001GCUMC2 28273 Note: [Add a note](#)

“

People who ate nuts five times a week cut their risk of heart disease in half compared to those with similar lifestyles who ate nuts once a week or less.[Read more at location 897](#)

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B001GCUMC2 a28J0GSTHECQIH 29902 Note: Fat is good. [Edit this note](#)

“

In addition to iron, certain nuts are good sources of one or more minerals.[Read more at location 901](#)

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B001GCUMC2 30023 Note: [Add a note](#)

“

Almonds and sesame seeds (and the sesame seed butter called tahini) provide calcium and make wonderful spreads for toast and sandwiches. Cashews are rich in zinc. For a nut, cashews are particularly high in carbohydrate.[Read more at location 902](#)

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B001GCUMC2 30073 Note: [Add a note](#)

“

When we eliminate meat, eggs, and high-fat dairy products from our diets, our intake of fat drops substantially. Consequently, nuts and seeds have a very special place in vegetarian diets.[Read more at location 906](#)

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B001GCUMC2 30215 Note: [Add a note](#)

“

Cooking or processing certain foods can be nutritionally advantageous, by increasing the amount of protein as well as minerals and phytochemicals, such as lycopene, that we absorb from them.

[Read more at location 974](#)

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B001GCUMC2 32471 Note: [Add a note](#)

“

Recommended Iron Intake for Vegetarians Women,[Read more at location 1123](#)

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B001GCUMC2 37431 Note: [Add a note](#)

“

usually absorb 15 to 35 percent of the heme iron in foods. The remainder of the iron in meat and all of the iron in plant foods and eggs is called nonheme iron. [Read more at location 1196](#)

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B001GCUMC2 39892 Note: [Add a note](#)

“

Nonheme iron is absorbed differently from heme iron and is much more sensitive to dietary factors that decrease or increase iron absorption. [Read more at location 1198](#)

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B001GCUMC2 39939 Note: [Add a note](#)

“

Beverages that inhibit iron absorption include dairy products, black tea, some herb teas (peppermint, chamomile, vervain, lime flower, pennyroyal), coffee, and cocoa. In contrast, citrus, tomato, and vitamin C-enriched juices will help you absorb iron from your cereal, sandwich, soup, or salad.

[Read more at location 1202](#)

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B001GCUMC2 40102 Note: [Add a note](#)

“

Foods rich in vitamin C work wonders with the iron from plants. [Read more at location 1210](#)

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B001GCUMC2 40320 Note: [Add a note](#)

“

Another sure way to increase iron intake is to use cast-iron cookware. Use of these heavy, iron-containing pots and pans have been shown to significantly increase the amount of iron in food and that we absorb from the food, especially when we cook acidic items in them, such as tomato or sweet-and-sour sauce. [Read more at location 1215](#)

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B001GCUMC2 40550 Note: [Add a note](#)

“

Oxalates are acids found in spinach, beet greens, rhubarb, Swiss chard, and chocolate. In contrast, the low-oxalate greens-broccoli, kale, collards, Chinese cabbage, okra, and bok choy-provide abundant iron that is readily absorbed. [Read more at location 1219](#)

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B001GCUMC2 40642 Note: [Add a note](#)

“

Use foods that are yeasted (such as bread), sprouted (such as bean sprouts), roasted (such as nuts), and fermented (such as tempeh). [Read more at location 1241](#)

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B001GCUMC2 41387 Note: [Add a note](#)



It is essential for reproduction, growth, sexual maturation, wound healing, and a strong immune system. [Read more at location 1247](#)

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B001GCUMC2 41550 Note: [Add a note](#)



We absorb about 20 percent or more of the zinc we consume, and just over 1/3 cup (90 ml) of cashews provides 3 mg of zinc. Pumpkin seeds are another good choice. [Read more at location 1254](#)

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B001GCUMC2 41830 Note: [Add a note](#)



Recommended Zinc Intakes Women, [Read more at location 1257](#)

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B001GCUMC2 41877 Note: [Add a note](#)



almost half the zinc was provided by beef and chicken, with peas being the next most important source. Refined [Read more at location 1266](#)

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B001GCUMC2 42213 Note: [Add a note](#)



products, whole grains, and egg. When [Read more at location 1268](#)

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B001GCUMC2 42244 Note: [Add a note](#)



plentiful amounts of whole grain products, and frequent use of nuts and seeds contribute significant amounts of zinc. Other zinc-rich foods are wheat germ and asparagus. Factors [Read more at location 1269](#)

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- Undo deletion

B001GCUMC2 42298 Note: [Add a note](#)



compound phytate, present in whole grains and legumes, and very concentrated in wheat bran, can bind zinc and lower the amount we absorb, especially when calcium is present. This [Read more at location 1274](#)

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- Undo deletion

B001GCUMC2 42473 Note: [Add a note](#)



vegetarians should not add bran to their foods; they already get plenty of fiber.[Read more at location 1277](#)

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B001GCUMC2 42557 Note: [Add a note](#)



(Wheat germ is quite different; it is low in phytate and is an excellent source of zinc.)[Read more at location 1277](#)

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B001GCUMC2 42575 Note: [Add a note](#)



When we soak or sprout seeds, nuts, grains, or legumes, we decrease the amount of phytate and increase the amount of zinc we absorb from these foods.[Read more at location 1279](#)

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B001GCUMC2 42637 Note: [Add a note](#)



Sprouted brown, green, and French lentils are mineral-rich, high-protein additions to salads (see page [Read more at location 1280](#))

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B001GCUMC2 42668 Note: [Add a note](#)



yeasting of bread increases the availability of zinc from whole grain flours.[Read more at location 1281](#)

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B001GCUMC2 42683 Note: [Add a note](#)



moist action of fermentation in foods such as tempeh can also increase zinc.[Read more at location 1281](#)

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B001GCUMC2 42703 Note: [Add a note](#)



Dietary fats are important as they help us absorb zinc (plus other minerals, phytochemicals, and fat-soluble vitamins). On an extremely low-fat diet, absorption can be decreased. [Read more at location 1283](#)

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B001GCUMC2 42761 Note: [Add a note](#)



one. Yet, despite the best efforts of the government and the dairy industry, many people fail to meet calcium recommendations. For example, 50 percent of North American women are expected to have at least one

osteoporosis-related fracture in their lifetime.[Read more at location 1309](#)

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B001GCUMC2 a1PWGCSH6UPPH3 43648 Note: that is because calcium does not protect against osteoporosis, vitamin D does. [Edit this note](#)

“

Certain substances in foods, particularly oxalates (which are present in spinach, Swiss chard, rhubarb, and beet greens), can bind calcium. As a result, we absorb only about 5 percent of the calcium in these foods. In contrast, we absorb about 40 to 70 percent of the calcium in kale, collards, broccoli, and turnip greens.[Read more at location 1342](#)

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B001GCUMC2 44788 Note: [Add a note](#)

“

Cow's milk has an excellent calcium-to-protein ratio, which is reflected in the diets of lacto-ovo vegetarians.[Read more at location 1437](#)

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B001GCUMC2 47892 Note: [Add a note](#)

“

Spinach, Swiss chard, beet greens, and rhubarb contain plenty of calcium.[Read more at location 1471](#)

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B001GCUMC2 49017 Note: [Add a note](#)

“

They're high in vitamin K-the darker the leaf, the better. Vitamin K plays a mysterious but essential role in helping our bone-building cells perform their task.[Read more at location 1478](#)

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B001GCUMC2 49263 Note: [Add a note](#)

“

Unfortified almond milk made from ground almonds is tasty, but is not a suitable calcium-rich beverage for children; it has nowhere near the 300 mg of calcium per cup that we find in fortified soymilk or cow's milk.[Read more at location 1501](#)

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B001GCUMC2 50046 Note: [Add a note](#)

“

The livers of oily fish, particularly cod and halibut, are among the few food items that are naturally high in vitamin D.[Read more at location 1581](#)

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B001GCUMC2 52717 Note: [Add a note](#)

“ grains. Vegans often include good sources that are not commonly used by nonvegetarians, such as nutritional yeast, yeast extracts (including spreads such as Marmite and Vegemite), wheat germ, and sprouts. [Read more at location 1686](#)

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B001GCUMC2 56217 Note: [Add a note](#)

“ Certain features of vegetarian diets may help to maximize bone health, such as higher intakes of magnesium, potassium, and vitamin K. [Read more at location 1692](#)

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B001GCUMC2 56413 Note: [Add a note](#)

“ Here are ten tips for strong bones: 1. Follow the Vegetarian Food Guide. Learn which foods are in the "Milks and Alternates" group. 2. Eat dark green vegetables daily. Include broccoli, kale, collards, bok choy, and Chinese cabbage on your [Read more at location 1694](#)

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B001GCUMC2 56476 Note: [Add a note](#)

“ Use calcium-set tofu. [Read more at location 1697](#)

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B001GCUMC2 56557 Note: [Add a note](#)

“ 4. Take advantage of calcium-fortified beverages. [Read more at location 1700](#)

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B001GCUMC2 56644 Note: [Add a note](#)

“ Make almonds, almond butter, sesame tahini, and blackstrap molasses a part of your meals and snacks. [Read more at location 1700](#)

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B001GCUMC2 56678 Note: [Add a note](#)

“ 6. Don't keep company with the calcium thieves. Avoid high intakes of salt, alcohol, and caffeine, excessive amounts of animal protein, and a sedentary lifestyle. [Read more at location 1703](#)

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B001GCUMC2 56768 Note: [Add a note](#)



7. When you go out for dinner, frequent Japanese, Chinese, Middle Eastern, and vegetarian restaurants.[Read more at location 1704](#)

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B001GCUMC2 56784 Note: [Add a note](#)



8. Build strong bones during the growing years.[Read more at location 1706](#)

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B001GCUMC2 56846 Note: [Add a note](#)



9. Add some sunshine to your day. Take [Read more at location 1707](#)

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B001GCUMC2 56900 Note: [Add a note](#)



10. Exercise) Walking, jogging, dancing.[Read more at location 1709](#)

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B001GCUMC2 56966 Note: [Add a note](#)



While grains are relatively low in the important amino acid lysine, the typical combinations of plant foods that vegetarians eat offset this imbalance.[Read more at location 1736](#)

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B001GCUMC2 57862 Note: [Add a note](#)



Quinoa and amaranth provide about twice as much lysine as true cereal grains. [Read more at location 1736](#)

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B001GCUMC2 57876 Note: [Add a note](#)



B vitamins. Grains are a treasure trove of B vitamins, including thiamin, riboflavin, niacin, vitamin B6, pantothenic acid, biotin, and folate. The only B vitamin not present is vitamin B12. Although [Read more at location 1746](#)

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B001GCUMC2 58228 Note: [Add a note](#)



Vitamin E. Although grains are not our most concentrated sources of vitamin E (nuts, seeds, and oils are higher), they do make a significant contribution.[Read more at location 1751](#)

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B001GCUMC2 58364 Note: [Add a note](#)

“

Chromium. A valuable trace mineral often low in diets high in processed foods, chromium is essential for the metabolism of sugar (glucose).[Read more at location 1754](#)

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B001GCUMC2 58460 Note: [Add a note](#)

“

Copper. As a critical part of a number of body enzymes, copper plays a role in energy production, connective tissue formation, and iron metabolism, as well as brain and nervous system function.[Read more at location 1756](#)

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B001GCUMC2 58544 Note: [Add a note](#)

“

Iron. As an essential component of hundreds of proteins and enzymes, iron is necessary for oxygen transport and storage, electron transport, energy metabolism, and DNA synthesis. Whole grains provide a significant contribution to overall iron intake.[Read more at location 1758](#)

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B001GCUMC2 58634 Note: [Add a note](#)

“

Magnesium. Magnesium is necessary in more than three hundred essential metabolic reactions, including energy production; synthesis of DNA, RNA, and glutathione (a potent antioxidant); and transport of ions such as potassium and calcium across cell membranes. It also is an integral part of the structure of bones, cell membranes, and chromosomes.[Read more at location 1761](#)

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B001GCUMC2 58728 Note: [Add a note](#)

“

Manganese. Manganese is a constituent of some enzymes and an activator of others.[Read more at location 1763](#)

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B001GCUMC2 58762 Note: [Add a note](#)

“

Potassium. Both an essential mineral and an electrolyte, potassium is indispensable to every cell in our body.[Read more at location 1765](#)

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B001GCUMC2 58829 Note: [Add a note](#)



Selenium. Selenium is required for the function of at least eleven enzymes, also known as selenoproteins. Most of these function as powerful antioxidants, reducing potentially damaging free radicals.[Read more at location 1768](#)

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B001GCUMC2 58956 Note: [Add a note](#)



Zinc plays central roles in growth and development, our immune response, neurological function, and reproduction.[Read more at location 1773](#)

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B001GCUMC2 59094 Note: [Add a note](#)



On average there was a 34 percent risk reduction for those eating the highest amount of whole grains compared with those eating the smallest amount. These benefits were confirmed in over 95 percent of the studies examined. [Read more at location 1814](#)

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B001GCUMC2 a3M2NMZ95GMVEM 60480 Note: but isnt this compared to people who eat refined grains, not people who skip grains all together. Bad logic. [Edit this note](#)



The richest sources of fiber in the plant kingdom are legumes, the coarse part of grains, dried fruits, berries, and other fruits and vegetables.[Read more at location 1868](#)

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B001GCUMC2 62258 Note: [Add a note](#)



Too much fiber can reduce the absorption of certain minerals, such as calcium, iron, and zinc. Yet when compared to refined foods, high-fiber whole foods provide enough extra minerals to more than compensate for any losses incurred.[Read more at location 1869](#)

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B001GCUMC2 62330 Note: [Add a note](#)



problems with mineral absorption can occur if concentrated fiber foods, such as wheat bran or fiber supplements, are added to a plant-based diet already rich in fiber.[Read more at location 1873](#)

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B001GCUMC2 62452 Note: [Add a note](#)



Vegetables and fruits contain almost every vitamin we need, with two exceptions: vitamins B12 and D. While it is possible to get a tiny amount of vitamin B12 (from dirt clinging to vegetables) and some vitamin

D (from certain seaweeds and mushrooms), vegetables and fruits are not reliable sources of these nutrients.[Read more at location 1974](#)

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B001GCUMC2 65842 Note: [Add a note](#)

“

preformed vitamin A. This is the active form of vitamin A. It is present in animal products, such as liver, fish, eggs, and dairy products, but is not found in plant foods.[Read more at location 1980](#)

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B001GCUMC2 66008 Note: [Add a note](#)

“

The second category of vitamin A compounds is called provitamin A carotenoids. These are carotenoids that can be converted by the body into the active form of vitamin A.[Read more at location 1981](#)

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B001GCUMC2 66047 Note: [Add a note](#)

“

Thus, we need greater amounts of beta-carotene and other carotenoids to provide the same vitamin A activity as preformed vitamin A.[Read more at location 1986](#)

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• Undo deletion

B001GCUMC2 66210 Note: [Add a note](#)

“

Meeting recommended intakes. By eating five to ten servings of vegetables and fruits each day, vegetarians and vegans can easily meet the RDA for vitamin A.[Read more at location 1994](#)

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• Undo deletion

B001GCUMC2 66475 Note: [Add a note](#)

“

While many people assume that our best sources of vitamin A are raw foods, it turns out that cooking can improve our absorption.[Read more at location 1996](#)

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• Undo deletion

B001GCUMC2 66547 Note: [Add a note](#)

“

We can further enhance our absorption of provitamin A carotenoids in vegetables and fruits by eating some fat with them or by pureeing or finely chopping them. [Read more at location 1997](#)

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• Undo deletion

B001GCUMC2 66576 Note: [Add a note](#)

“

Vitamin supplements containing more than 3,000 mcg of preformed vitamin A are not recommended, as they exceed the upper limit for safety. Taken over several months or years, these high doses can cause a condition called hypervitaminosis A. [Read more at location 1998](#)

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• Undo deletion

B001GCUMC2 66620 Note: [Add a note](#)

“

vitamin K is now in the spotlight. Recent evidence suggests that it plays a key role in bone health by making the proteins needed for bone metabolism. [Read more at location 2012](#)

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• Undo deletion

B001GCUMC2 67076 Note: [Add a note](#)

“

Vitamin K sources. The most concentrated sources of vitamin K are green leafy vegetables. [Read more at location 2017](#)

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• Undo deletion

B001GCUMC2 67231 Note: [Add a note](#)

“

Some people think they can get all the phytochemicals they need by popping a pill containing a variety of concentrated phytochemicals. However, several studies have suggested that this practice could backfire. In some (but not all) cases, isolating individual phytochemicals has actually increased the risk of disease. It seems as though phytochemicals work synergistically with one another, and the collaborative action of two or more chemicals may be needed to produce beneficial effects. At this time, we just do not know enough about the complicated interactions of these dietary components to be confident about turning them into pills. [Read more at location 2095](#)

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B001GCUMC2 69912 Note: [Add a note](#)

“

Cancer. According to the World Cancer Research Fund and the American Institute for Cancer Research, if we eat five servings or more of a variety of vegetables and fruits, we will reduce our risk of cancer by at least 20 percent. [Read more at location 2101](#)

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B001GCUMC2 70044 Note: [Add a note](#)

“

For every serving of vegetables or fruits included in the daily diet, the risk of coronary artery disease was reduced by approximately 4 percent. Green leafy vegetables and vitamin C-rich fruits and vegetables appear to offer the greatest protection. [Read more at location 2104](#)

• Delete this highlight

• Undo deletion

B001GCUMC2 70152 Note: [Add a note](#)



Follow-Up Study suggests that people who eat the most vegetables and fruits reduce their risk of stroke by 31 percent compared to those eating the least. [Read more at location 2105](#)

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B001GCUMC2 70191 Note: [Add a note](#)



Type 2 diabetes. A large 1999 study showed that those eating the greatest amounts of vegetables were least likely to develop type 2 diabetes. Eating fruit also reduced risk, but to a lesser extent.

[Read more at location 2106](#)

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B001GCUMC2 70227 Note: [Add a note](#)



Although not commonly associated with food poisoning, raw fruits and vegetables can harbor some not-so-friendly bacteria. About 5 percent of food poisoning is caused by contamination in these foods. [Read more at location 2154](#)

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B001GCUMC2 71809 Note: [Add a note](#)



Excessive consumption of saturated fats increases our risk for several diseases, including heart disease, several cancers, gallstones, kidney disease, and possibly type 2 diabetes. [Read more at location 2200](#)

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• Undo deletion

B001GCUMC2 a1PQJSVJTMFXLS 73338 Note: not true. these things are true of "Western diets", which are wrongly called high fat diets. In reality they are high in sugar, refined grains and processed fats. [Edit this note](#)



Contrary to what many people believe, there is little difference in the cholesterol content of meat, poultry, or fish. [Read more at location 2259](#)

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• Undo deletion

B001GCUMC2 75306 Note: [Add a note](#)

difference in the cholesterol content of meat, poultry, or fish. Dairy [Read more at location 2260](#)

B001GCUMC2 a2BTW4NIO95JTQ 75308 Note: and fish are super healthy and protects against heart disease. What does that say about cholesterol? Dietary cholesterol has little to no effect on heart disease.

[Edit this note](#)



It is within this group that we find the essential fatty acids-fatty acids that cannot be made by our bodies and must be obtained through our diets. These fats are needed for the formation of healthy cell membranes. They also help cells keep their shape and flexibility and allow substances to flow in and out. They are critical to the development and functioning of the brain and nervous system, and are involved in the production of

hormone-like substances called eicosanoids, which regulate many organ systems.

[Read more at location 2270](#)

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B001GCUMC2 75740 Note: [Add a note](#)

“

The eicosanoids formed from AA are very potent, increasing blood pressure, inflammation, cell proliferation, and many markers of heart disease. The eicosanoids formed from EPA and GLA protect against these responses. [Read more at location 2280](#)

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B001GCUMC2 76013 Note: [Add a note](#)

“

Low levels of DHA have been associated with several neurological and behavioral disorders, such as depression, schizophrenia, Alzheimer's disease, and attention deficit hyperactivity disorder (ADHD). In addition, low levels of DHA can negatively affect brain and eye development in infants. Thus, while these long-chain fatty acids are not "essential" in our diets, we must get enough, either by making them from essential fatty acids or by getting them directly from foods. [Read more at location 2282](#)

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B001GCUMC2 76140 Note: [Add a note](#)

“

The primary sources of the two essential fatty acids-LA and ALA-are plants grown in soil and in the sea. The most common sources of the long-chain fatty acids-AA, EPA, and DHA-are animal foods (although DHA and EPA also are available from sea plants). [Table Read more at location 2285](#)

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B001GCUMC2 76191 Note: [Add a note](#)

“

ALA: seeds and seed oils (flax, chia, hemp, canola); nuts and nut oils (walnuts, butternuts); green leaves of plants (dark green leafy vegetables, broccoli); sea vegetables; soybeans and soybean oil. EPA and DHA: fish (especially cold-water fish); eggs (especially those from chickens fed flax or microalgae); sea vegetables; and DHA-rich microalgae (not blue-green algae, which contains little or no DHA and EPA).

[Read more at location 2289](#)

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B001GCUMC2 76355 Note: [Add a note](#)

“

Most vegetarian diets have higher ratios of omega-6 to omega-3, in the range of 10:1 to 20:1. This means that we do not eat enough omega-3 fatty acids and possibly that we eat too much omega-6 fatty acids. [To Read more at location 2298](#)

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B001GCUMC2 76629 Note: [Add a note](#)

“

nonvegetarians. Vegans consume little, if any, EPA and DHA, and vegetarians consume minimal EPA (less than 5 mcg a day) and varying amounts of DHA depending on their egg consumption. [Read more at location 2306](#)

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B001GCUMC2 76882 Note: [Add a note](#)

“

The challenge for vegetarians is to convert these fats to the active, long-chain omega-3 fatty acids, EPA and DHA. Several studies have shown that vegetarians generally have lower EPA and DHA in their body tissues compared to nonvegetarians. Vegans are reported to have the lowest EPA and DHA status, with levels only about half those of nonvegetarians. Breast milk DHA levels in vegan and lacto-ovo vegetarian women are also lower than in [Read more at location 2316](#)

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B001GCUMC2 77273 Note: [Add a note](#)

“

nonvegetarians. [Read more at location 2319](#)

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B001GCUMC2 77274 Note: [Add a note](#)

“

Include good sources of alpha-linolenic acid (the plant omega-3 fatty acid) in the diet. The very best sources are flaxseeds, flaxseed oil, hempseeds, hempseed oil, canola oil, walnuts, and green leafy vegetables. Aim for [Read more at location 2325](#)

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B001GCUMC2 77526 Note: [Add a note](#)

“

teaspoon (5 ml) of flaxseed oil or 1 1/2 tablespoons (23 ml) of ground flaxseeds, plus your usual intake of vegetables, walnuts, and other foods, provides plenty of omega-3 fatty acids for most people. (See table [Read more at location 2327](#)

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B001GCUMC2 77594 Note: [Add a note](#)

“

Consider including a direct source of EPA and/or DHA in the diet. There has been some concern that vegetarians and others who do not include fish in their diets may not be able to make enough EPA and DHA from the ALA they consume. (Fish are the primary sources of EPA and DHA for the general population.) There [Read more at location 2329](#)

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B001GCUMC2 77690 Note: [Add a note](#)

“

EPA is found in sea vegetables; in some varieties, up to 30 percent of the fat is EPA. (Sea vegetables have little DHA.) However, sea vegetables are so low in fat that we'd need to eat a lot of them to make a significant contribution to our intake.[Read more at location 2335](#)

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B001GCUMC2 77865 Note: [Add a note](#)

“

varieties, up to 30 percent of the fat is EPA. (Sea vegetables have little DHA.) However, sea vegetables are so low in fat that we'd need to eat a lot of them to make a significant contribution to our intake.[Read more at location 2335](#)

• Delete this highlight

• Undo deletion

B001GCUMC2 77865 Note: [Add a note](#)

“

DHA also is found in specific types of microalgae (not blue-green algae);[Read more at location 2337](#)

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B001GCUMC2 77896 Note: [Add a note](#)

“

Eggs from chickens fed flaxseeds or DHA-rich microalgae also are reasonable DHA sources for lacto-ovo vegetarians; each egg provides about 60 to 150 mg of DHA.[Read more at location 2339](#)

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• Undo deletion

B001GCUMC2 77974 Note: [Add a note](#)

“

For those who want to supplement their diets with DHA, 100 to 300 mg of DHA from microalgae is recommended (the higher end of the range is appropriate for pregnant and lactating women).

[Read more at location 2340](#)

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B001GCUMC2 78014 Note: [Add a note](#)

“

Eating too much omega-6 fatty acids relative to omega-3 fatty acids can reduce omega-3 conversion by up to 40 to 50 percent. While increasing omega-3 fatty acids is an important first step in correcting the imbalance, vegetarians with especially high omega-6 intakes would be well advised to moderate their omega-6 intake. The best way of doing this without compromising our overall nutrient intake is to reduce our use of processed foods containing large amounts of omega-6-rich oils and our use of oils rich in omega-6 and poor in omega-3. Sunflower, safflower, corn, grapeseed, soybean, and cottonseed oils contain the greatest amounts of omega-6 fatty acids relative to omega-3.[Read more at location 2342](#)

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B001GCUMC2 78163 Note: [Add a note](#)

“

While hempseed and walnut oils are rich in omega-6 fatty acids, they are beautifully balanced with omega-3 fatty acids, so they are good options (although they cannot be used for cooking, as the omega-3s are destroyed by high heat). The best choices for cooking oils are those rich in monounsaturated fats, such as olive, canola, and high-oleic sunflower or safflower oils.[Read more at location 2346](#)

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B001GCUMC2 78232 Note: [Add a note](#)

“

Fish is loaded with omega-3 fatty acids. High-fat, cold-water fish contains up to 1,600 mg of DHA and 1,000 mg of EPA for each 3 1/2-ounce (100-gram) serving. So why not just eat fish?

[Read more at location 2349](#)

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B001GCUMC2 78313 Note: [Add a note](#)

“

AMDR for fat is 20 to 35 percent of calories for everyone four years of age and older, and 30 to 40 percent of calories for children age one through three.[Read more at location 2359](#)

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• Undo deletion

B001GCUMC2 a3VRYQFAXRYZRW 78625 Note: this is really low [Edit this note](#)

“

Flaxseeds offer a significant advantage for vegetarians, as they have the highest omega-3 content of any plant food, averaging about 57 percent ALA.[Read more at location 2393](#)

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B001GCUMC2 79782 Note: [Add a note](#)

“

At least seven studies since 1993 have found a positive connection between blood levels of ALA (the type of omega-3 fatty acids found in plants and animals, excluding fish) and prostate cancer.[Read more at location 2398](#)

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B001GCUMC2 79937 Note: [Add a note](#)

“

Many experts suggest that men should stick to fish as their primary source of omega-3 fatty acids.[Read more at location 2400](#)

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B001GCUMC2 80012 Note: [Add a note](#)

“

it is probably wise for vegetarians with prostate cancer to stick with ground flaxseeds rather than flaxseed oil as a primary source of omega-3 fatty acids until more research is completed. [Read more at location 2409](#)

• Delete this highlight

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B001GCUMC2 80336 Note: [Add a note](#)

“

In meat, the B12 produced by bacteria is contained within the product itself. This does not make meat a superior food. [Read more at location 2487](#)

• Delete this highlight

• Undo deletion

B001GCUMC2 82911 Note: [Add a note](#)

product itself. This does not make meat a superior food. So [Read more at location 2488](#)

B001GCUMC2 a3TOQXHOA10XV0 82913 Note: why not? [Edit this note](#)

“

where can people who prefer not to eat animal products get their Bit? They can get it from carefully grown B12-producing bacteria. [Read more at location 2488](#)

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B001GCUMC2 82936 Note: [Add a note](#)

“

Vitamin B12 helps our red blood cells mature normally. This vitamin is essential to the function of our brain, spinal cord, and nerves; it helps maintain the protective myelin sheaths that surround nerve fibers. [Read more at location 2497](#)

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B001GCUMC2 83256 Note: [Add a note](#)

“

vitamin B12 helps clear away homocysteine. [Read more at location 2499](#)

• Delete this highlight

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B001GCUMC2 83298 Note: [Add a note](#)

“

Early signs of deficiency often are nonspecific, such as fatigue, weakness, or loss of menstruation. However, symptoms can escalate and may involve many body systems. If left for too long, the damage can be irreversible. [Read more at location 2501](#)

• Delete this highlight

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B001GCUMC2 83385 Note: [Add a note](#)

“

Effects related to blood. Among the very first symptoms of B12 deficiency are fatigue and a lack of energy. [Read more at location 2503](#)

• Delete this highlight

• Undo deletion

B001GCUMC2 83451 Note: [Add a note](#)



Shortness of breath and palpitations [Read more at location 2505](#)

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• Undo deletion

B001GCUMC2 83474 Note: [Add a note](#)



This condition is called macrocytic (large cell) anemia. [Read more at location 2506](#)

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B001GCUMC2 83525 Note: [Add a note](#)



Yet even when vitamin B12 is in short supply, another B vitamin, known as folate or folic acid, can step in and help red blood cells form normally. [Read more at location 2509](#)

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B001GCUMC2 83638 Note: [Add a note](#)

can step in and help red blood cells form normally. Vegetarian [Read more at location 2510](#)

B001GCUMC2 aQZYN6G62HTWX 83641 Note: can craving fortified foods be an indication of B12 deficiency? [Edit this note](#)



folate can't help with the neurological symptoms of B12 deficiency described in the next section. [Read more at location 2511](#)

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B001GCUMC2 83686 Note: [Add a note](#)



Numbness and tingling occur, especially in the hands and feet. This is the first nervous system sign of a B12 deficiency. Eventually, balance and the ability to walk are affected. Memory and the ability to concentrate decrease; dizziness, disorientation, and mood changes occur, including delusions and paranoia. Bladder and bowel control may be lost. Vision may blur and optic nerves could be damaged. These changes happen gradually. [Read more at location 2519](#)

• Delete this highlight

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B001GCUMC2 84038 Note: [Add a note](#)



Effects related to the gastrointestinal tract. The tongue can become sore and its color and surface texture may change. Appetite may be lost. [Read more at location 2524](#)

• Delete this highlight

• Undo deletion

B001GCUMC2 84131 Note: [Add a note](#)



Breast-fed infants can become severely deficient if the mother has low B1, intake, even if the mother has no deficiency symptoms. [Read more at location 2527](#)

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B001GCUMC2 84236 Note: [Add a note](#)

“

All symptoms are reversible if caught early enough; otherwise damage can be permanent. [Read more at location 2528](#)

• Delete this highlight

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B001GCUMC2 84278 Note: [Add a note](#)

“

Vitamin B., deficiency can be detected by blood tests, even at the early stages. [Read more at location 2557](#)

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B001GCUMC2 85239 Note: [Add a note](#)

“

Recommended intake from a single daily supplement. If we have our total in a single supplement instead of spread over several meals, we should take 10 mcg per day. Most multivitamins provide at least 10 mcg, so this is certainly an option for most people. [Read more at location 2575](#)

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B001GCUMC2 85880 Note: [Add a note](#)

“

Needs for those above fifty years of age. The Institute of Medicine of the National Academy of Sciences recommends that most or all of our B12 should be supplied by fortified foods or a daily supplement, rather than by animal products, for those above fifty years of age. (B12 from animal products is bound to protein and can be more difficult to absorb.) [Read more at location 2581](#)

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B001GCUMC2 86087 Note: [Add a note](#)

“

Modern sanitation controls eliminate the B12-producing bacteria. These foods cannot be relied on as sources of the vitamin, nor can spirulina or algae. [Read more at location 2609](#)

• Delete this highlight

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B001GCUMC2 86969 Note: [Add a note](#)

“

A substance that contains substantial amounts of analogs won't help you meet your need for vitamin B12. In fact, it could make the situation worse. [Read more at location 2614](#)

• Delete this highlight

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B001GCUMC2 87148 Note: [Add a note](#)



None of the following should be relied on as B12 sources: fermented foods (such as miso, tempeh, tamari, sauerkraut, and umeboshi plums), sea vegetables, spirulina, algae, raw plant foods, and unfortified plant foods. [Read more at location 2617](#)

• Delete this highlight

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B001GCUMC2 87242 Note: [Add a note](#)



Unless fortified, no plant food contains significant amounts of true vitamin B12 (cobalamin). [Read more at location 2619](#)

• Delete this highlight

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B001GCUMC2 87285 Note: [Add a note](#)



vegetarians use plenty of eggs and dairy products, while others use very little or none of these. Vitamin B12 from supplements and fortified foods is essential for those who consume little or no animal products, and it is the preferred form for older people. In [Read more at location 2639](#)

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B001GCUMC2 87994 Note: [Add a note](#)



How Much Vitamin B12 Do We Need? 1. From fortified foods: At least 2.4 mcg daily when spread among two or more doses throughout the day 2. From supplements: At least 10 mcg a day when taken daily; at least 2,000 mcg when taken once a week [Read more at location 2644](#)

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B001GCUMC2 88171 Note: [Add a note](#)



In the past, people in low-iodine regions throughout the world developed iodine deficiency. Symptoms included the overgrowth of the thyroid gland to form a goiter in the area of the throat, and the tragic outcome of deficiency during pregnancy in which the child would be born with cretinism. [Read more at location 2774](#)

• Delete this highlight

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B001GCUMC2 92513 Note: [Add a note](#)



The adult recommended intake for iodine (150 mcg) is easily met by 1/2 teaspoon (2 ml) of iodized salt. [Read more at location 2778](#)

• Delete this highlight

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B001GCUMC2 92593 Note: [Add a note](#)



Sea salt generally is not iodized (although it may be-check the package label) and contains negligible

amounts of natural iodine, as this mineral is lost in the drying process.[Read more at location 2778](#)

• Delete this highlight

• Undo deletion

B001GCUMC2 92624 Note: [Add a note](#)

“

Sea vegetables and supplements, such as kelp powder or kelp tablets, can be very high in iodine, leading to intakes by some vegetarians in excess of the recommended upper limit, which is 1,100 mcg.

[Read more at location 2781](#)

• Delete this highlight

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B001GCUMC2 92729 Note: [Add a note](#)

“

recommended intake for vitamin BE, increases dramatically by 30 percent-from 1.3 mg per day for both sexes before age fifty-one to 1.7 mg for men and 1.5 nmg for women.[Read more at location 3425](#)

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B001GCUMC2 114199 Note: [Add a note](#)

“

Humans are designed to be primarily planteaters, like other primates.[Read more at location 3738](#)

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B001GCUMC2 124599 Note: [Add a note](#)

Humans are designed to be primarily planteaters, like other primates. However,[Read more at location 3739](#)

B001GCUMC2 a1CHQXV2WMAGH1 124601 Note: not true. meat and cooking fueled brain growth.

[Edit this note](#)

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