

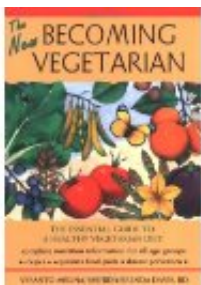
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The New Becoming Vegetarian: The Essential Guide to a Healthy Vegetarian Diet  
by Vesanto Melina, Brenda Davis

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



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

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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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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](#)

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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](#)

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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](#)

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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](#)

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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](#)

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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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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](#)

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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](#)

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

“

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

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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](#)

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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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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](#)

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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](#)

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• 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](#)

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• 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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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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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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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](#)

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