defeating diabetes: a no-nonsense approach to type 2 diabetes and the diabetes epidemic

by brenda davis, rd and tom barnard, md

In the past 40 years, the incidence of diabetes in North America has increased six-fold. Currently, more than 18 million North Americans have the condition. Diabetes increases the risk of a number of serious conditions, including heart disease, stroke, and high blood pressure. It is obvious that this diabetes epidemic is tied to diet and lifestyle choices and is related to obesity. Brenda Davis and Tom Barnard, authors of Defeating Diabetes, have written a book that clearly explains how a plant-based diet focusing on simple, whole foods can be a most effective tool for defeating diabetes. Defeating Diabetes includes a thoroughly researched section on the relationship between diabetes and diet, ideas for weight control, a food guide, and a 7-day menu plan. The book also features tips for eating out, travel, exercise, and daily self-care, as well as 50 vegan recipes. The authors have managed to present a wealth of information clearly and thoroughly. Defeating Diabetes may be the best gift you could give a friend or family member who has or is at risk for type 2 diabetes. I recommend it highly.

defeating diabetes (isbn 1-57067-139-7) is published by healthful living publications. you can purchase this book for $20 (includes shipping and handling) from VRG, P.O. Box 1463, Baltimore, MD 21203. Reviewed by reed mangels, PhD, RD.

Your vegetarian pregnancy: a month-by-month guide to health and nutrition

by holly roberts, DO, FACOG

Your Vegetarian Pregnancy is described as “the first authoritative guide to maintaining a healthy, plant-based diet before, during, and after the birth of your child.” It is written by an obstetrician and features a question-and-answer format that is very easy to read. At times, I could picture myself asking my obstetrician the same questions. The book contains good general pregnancy information (fetal development, preparation for labor and delivery, what to expect each month). Dr. Roberts addresses needs of both lacto-ovo vegetarians and vegans.

While much of the nutrition information is accurate, there is enough inaccurate information that it is impossible to unequivocally recommend this book. Questionable information includes identifying tempeh as a source of vitamin B12, outdated information about the calcium-protein connection, and incorrect figures for the iron RDA. I would have liked to see more on food safety issues in pregnancy as well as the management of gestational diabetes in vegetarians.

Your Vegetarian Pregnancy can be a helpful guide to what to expect during pregnancy. However, other books should be consulted for additional information on vegetarian nutrition in pregnancy.

Your Vegetarian Pregnancy (isbn 0-7432-2452-3) is published by Simon & Schuster. It is 378 pages and retails for $15.00. Look for it in your local bookstore. Reviewed by reed mangels, PhD, RD.

veggies on our pizza: a to z

by chantelle b. goodman

Veggies on Our Pizza: A to Z is a terrific children's book. The story is written in rhyming verse that young children would especially enjoy. The text encourages children to eat their veggies by introducing various foods in alphabetical order. For example, by letter C you read “Cucumbers with raisins make nice eyes on a plate, oh why can't Mom make food faces every single night?” and by K you'll find “Kale and collard greens, they look much the same to me, but is there room on my pizza for these great big leaves?” The book is certainly vegetarian-friendly.

Veggies on Our Pizza: A to Z (isbn 1-57197-293-5) is published by pentland press, Inc. This hardcover book retails for $14.95 in bookstores. Reviewed by debra wasserman.
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