

5-27-2019

Review of Vegetarian Nutrition and Wellness

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Abstract

Vegetarian Nutrition and Wellness (VNW) is an edited volume written by academic researchers in fields of nutrition, public health, food studies, and health and human sciences. The editor, Winston J. Craig, is professor emeritus of nutrition at Andrews University. VNW covers topics one would expect with a book of this title.

This book is intended for nutritionists and professionals in related fields, as well as advanced undergraduate and graduate students. For the most part (there are only a few judgmental sentences in the entire book), this book does not delve into ethics and is not meant to be an ethical treatment; it looks at the environmental, nutrition, and wellness results of adhering to a vegetarian diet. VNW feels most at home in academic or medical/hospital libraries. Public libraries that want a well referenced source on the topic would also get circulations, although that is not the intended market.

Disciplines

Food Studies | Nutrition

Comments

This is a manuscript of a book review published in the Journal of Agricultural & Food Information (2019).

Book review of *Vegetarian Nutrition and Wellness*, edited by Winston J. Craig. Boca Raton, FL: CRC Press, 2018.

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Many popular books on vegetarian diets and vegetarianism exist. However, there are not an overwhelming number of selections for the advanced academic market. Other well written, scholarly books on vegetarianism are on nutrition exclusively or on the topic of disease prevention. This book attempts to cover both those topics and a little bit more. Many of the studies throughout *VNW* also examine vegan diets and differentiated vegetarian diets into the various eating patterns, such as *lacto-ovo-vegetarian* and *pesco-vegetarian*. It is similar in contents to many “all-inclusive” popular books on vegetarianism, covering nutrition, environmental impact, diseases (cardiovascular disease, cancer, osteoporosis, weight management) and disease prevention, the large Asian Indian vegetarian population, pregnancy and lactation, vegetarian nutrition for athletes, as well as athletic performance. It gives an in-depth analysis on the biochemistry of nutrition in the human body, specifically as it relates to vegetarians as contrasted to the omnivorous lifestyle. *VNW* compares the nutritional concerns of vegetarians to omnivorous diets via the research literature. Most academic books on vegetarian nutrition cover this information.

VNW references many peer-reviewed research articles. However, the authors also use government and organizational references. Most of these are expected to be used. For

example, the *Dietary Guidelines for Americans* are referenced by most of the authors in this book. There also has been a series of research studies on the Adventists of California, or the Adventists Health Study, and *Vegetarian Nutrition and Wellness* pulls heavily from those research results. However, that is not to say that evidence is lacking; *VNW* is well referenced and researched, and would be welcome by any academic library, particularly if this covers a gap in the collection.

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