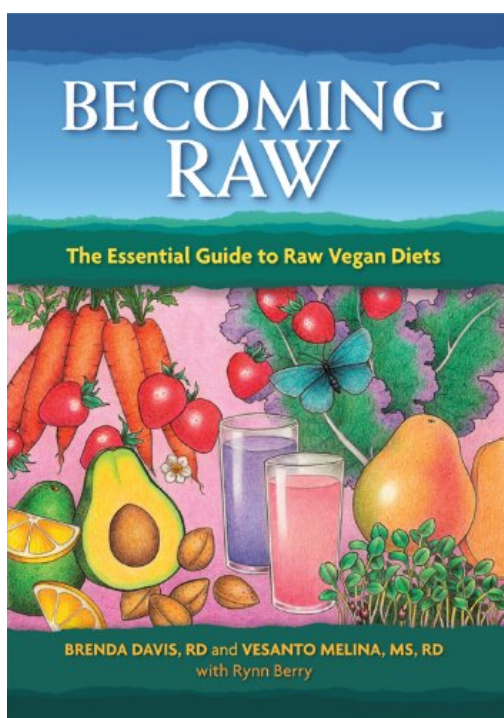


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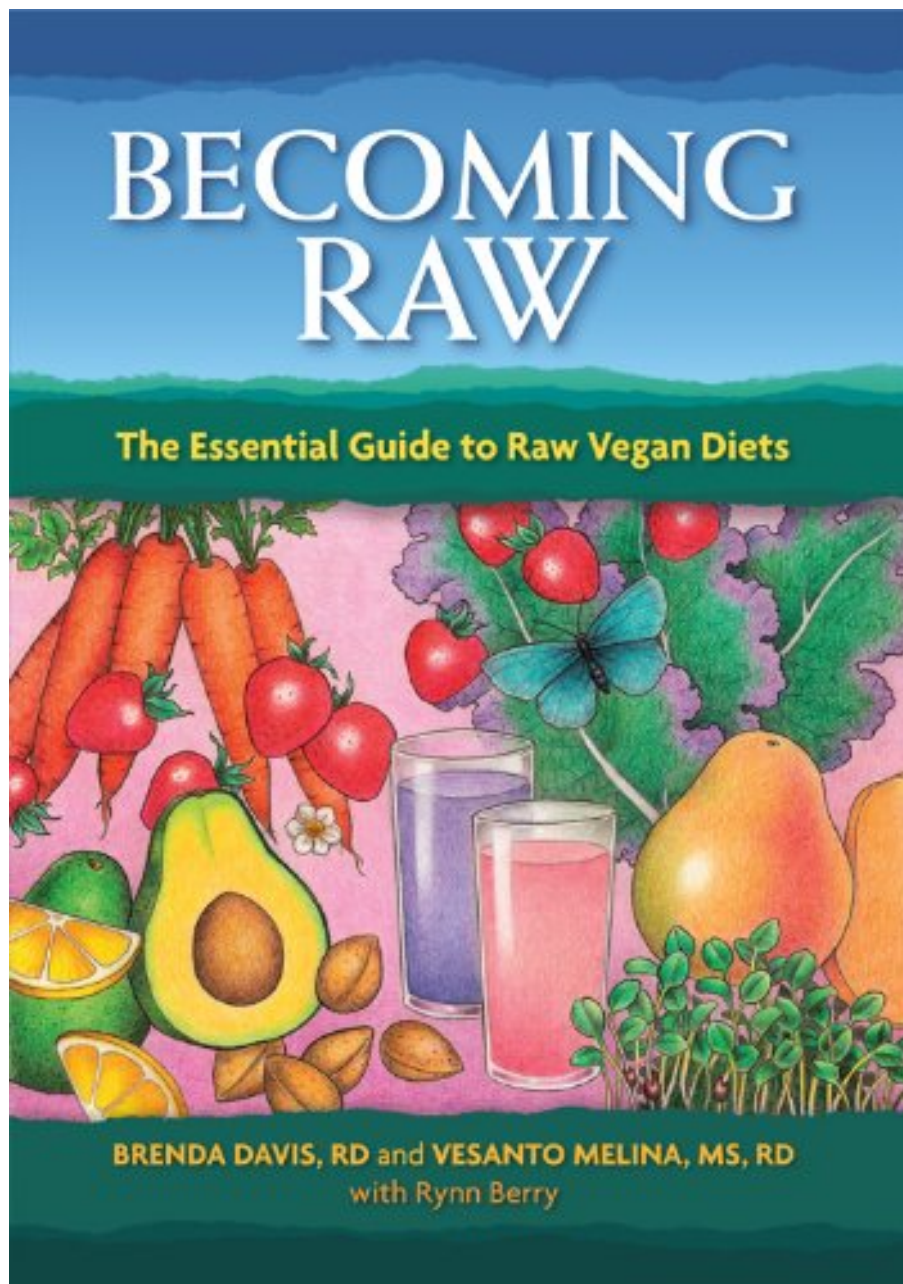
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## **About the Author**

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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