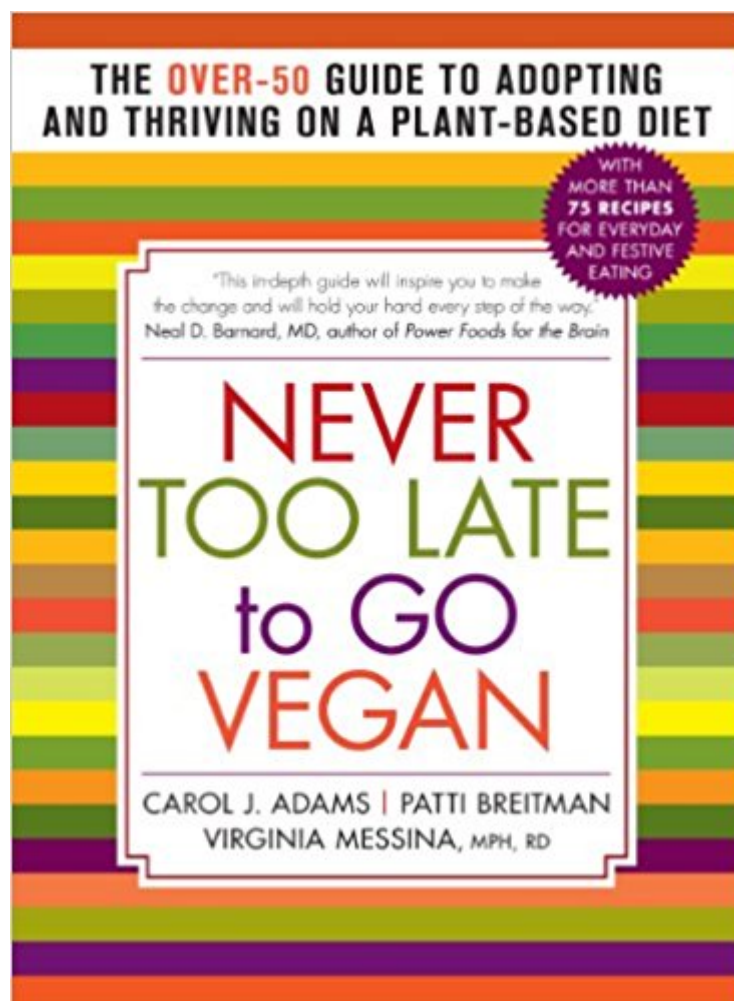




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# Never Too Late To Go Vegan: The Over-50 Guide To Adopting And Thriving On A Plant-Based Diet



## Synopsis

If you're 50 or over and thinking (or already committed to!) a vegan diet and lifestyle that will benefit your health, animals, and the planet, look no further than this essential all-in-one resource. Authors Carol J. Adams, Patti Breitman, and Virginia Messina bring 75 years of vegan experience to this book to address the unique concerns of those coming to veganism later in life, with guidance on:

- The nutritional needs that change with aging
- How your diet choices can reduce your odds of developing heart disease, diabetes, cancer, and other conditions
- Easy steps for going vegan, including how to veganize your favorite recipes and navigate restaurant menus, travel, and more
- How to discuss your decision to go vegan with friends and family
- The challenges of caring for aging or ailing relatives who are not vegan
- And many other topics of particular interest to those over 50.

Warmly written, down-to-earth, and filled with practical advice, plus insights from dozens of seasoned over-50 vegans, *Never Too Late to Go Vegan* makes it easier than ever to reap the full rewards of a whole-foods, plant-rich diet.

## Book Information

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## Customer Reviews

“[The] authors cheer readers forward, encouraging dietary change at a comfortable pace... a good primer for those dipping their toes into a vegan diet... Readers seeking practical, well-researched information will benefit from the authors’ combined experience and expertise.”

—Library Journal

“I highly recommend this book for those considering adopting a vegan diet, new vegans, and for experienced vegans who may be facing

new issues. **Vegetarian Journal** “These writers make food formulas practical and fun, with entertaining as well as helpful comments. **The Peaceable Table** “Never Too Late to Go Vegan is the one book to own for anyone over 50 trying to veganize or just vegan-curious. **Marin Independent Journal** “Never Too Late to Go Vegan shows the wonderful ways you can benefit from a new, healthier way of eating. This in-depth guide will inspire you to make the change and will hold your hand every step of the way, with all the helpful tips you need to make the transition smooth as can be.

**Neal D. Barnard, MD**, author of *Power Foods for the Brain* and director of Physicians Committee for Responsible Medicine “What a wonderful book! If you want to be healthy, and to make choices that bring your compassion to life, this is your guide. Highly, highly recommended.

**John Robbins**, author of *Diet for a New America* and *The Food Revolution* and cofounder of The Food Revolution Network “Never Too Late to Go Vegan is a masterpiece created by an inspiring trio: Carol Adams, Patti Breitman, and Virginia Messina. If you are 50-plus and want to explore a vegan lifestyle, this book is an absolute must. It is incredibly informative and absolutely delightful from beginning to end.

**Brenda Davis, RD**, and **Vesanto Melina, MS, RD**, coauthors of *Becoming Vegan*, *Becoming Vegetarian*, and *Becoming Raw* “What a terrific guide! Three wise women tell us everything we need to know to be happy, healthy vegans. This book is reason to celebrate and be well!

**Michael Greger, MD**, physician, author, speaker, and director of Public Health and Animal Agriculture at the Humane Society of the United States “This is my new favorite book. Its nutritional know-how comes from science, not opinion. The recipes are tasty and healthy and unintimidating. Its ethical underpinnings arise from the real-life commitment of three wise women who were vegan before it was cool and whose wit and savvy give me the feeling they’ve been cool all along.

**Victoria Moran**, author of *Main Street Vegan* and director of the Main St. Vegan Academy “Never Too Late to Go Vegan offers a warm, welcoming message to adults who have decided to adopt a vegan diet. Carol, Patti, and Ginny have combined their scientific knowledge and practical expertise to produce a book with a wealth of ideas for everything from eating well to social situations to caregiving. Simply put, this is an indispensable resource. Oh, and there are recipes too!

**Reed Mangels, PhD, RD**, coauthor of *Simply Vegan* “An absolutely wonderful book, fascinating from beginning to end. Vegetarian for 20 years, vegan for 10, I still learned much from this terrific book! I intend to buy a dozen and give them away to inspire my friends who are over 50 to become vegan.

**Jeffrey Moussaieff Masson**, author of *Dogs Never Lie About Love* and other best-selling books on the emotional life of

animals. “If you thought you were too old to change your diet, that it was too late, or too hard to do, or that you are too set in your ways, you’ve got another think coming! It is never too late and it’s never been easier! This very comprehensive guide has gems of wisdom on every page—from demolishing prevalent myths about veganism, to how to make decadent, but healthy, desserts. Follow the plan in this book and you’ll start seeing results tomorrow—and the rest of your longer, healthier, happier life!” Ruth Heidrich, PhD, author of *A Race For Life*, *Senior Fitness*, and *Lifelong Running*

Carol J. Adams is the author of the pioneering *The Sexual Politics of Meat*, called a “vegan bible” by *The New York Times* and now in a twentieth-anniversary edition, plus more than twenty other books and over one hundred articles. She frequently speaks on college campuses. She is working on a memoir about her decade as a caregiver. She lives near Dallas, Texas, with her partner and their two rescued dog companions, Holly and Inky. Find out more about Carol at [caroljadams.com](http://caroljadams.com). Patti Breitman is the director of the Marin Vegetarian Education Group and a cofounder of Dharma Voices for Animals. She is the coauthor, with Connie Hatch, of *How to Say No Without Feeling Guilty* and, with Carol J. Adams, of *How to Eat Like a Vegetarian Even If You Never Want to Be One*. Patti is on the advisory council of the Animals and Society Institute and grows vegetables in her community garden. She teaches seasonal vegan cooking classes in Marin County, California, where she lives. Virginia Messina, MPH, RD, is coauthor of *Vegan for Life* and *Vegan for Her* and of the first textbook on vegetarian nutrition for medical professionals. She writes and speaks on vegan nutrition for both consumers and health professionals. Ginny serves on the advisory board of the Vegetarian Resource Group and on the board of directors of VegFund. She lives in Port Townsend, Washington, with her husband and an ever-changing population of rescued cats. Find out more about Ginny at [theveganrd.com](http://theveganrd.com).

I really enjoyed this book, and it’s one I will keep for reference and reading pleasure. Many vegan resources are aimed at young-ish girls because they seem to be the demographic most likely to become vegan—that’s too bad, because people open up to new ideas when they see people just like themselves in it, when they can imagine they will belong. This book offers a chorus of welcoming voices. In addition to the authors, many contributors tell of their journey to veganism and how they are living as vegans. This book is full of useful information: the health and nutritional information are top-notch, there are many great recipes and ideas for quick and easy meals, advice for community,

managing family and social situations, work and travel, and a sensitive discussion of care giving and assisted living considerations. Highly recommended!

I am participating in the Eat to Live diet and have been off milk products (except for cheese) for almost a year now. I am 55 and I feel better when not eating animal products. After reading this book I have a better idea on how to be vegan in a non-vegan world. I liked that there is a section of one chapter devoted to factory farming but that is only a small portion of this book. The chapters on how to travel as a vegan and how to talk to people about becoming a vegan are excellent. I recently tested them when traveling to my relatives' house. I installed the HappyCow.net app on my phone and we were able to find excellent restaurants, etc. I also brought most of my own food to my relative's home so that helped too. As a librarian who has seen many different cookbooks, etc., this was also a bonus. The recipes look good but I admit that I haven't tried any yet. I prefer Isa Chandra Moskowitz's cookbooks.

I bought this for my mother, but then started reading it myself. Even though I am already vegan, it has great health tips and goes into why it is so healthy for older men and women to go vegan. I truly believe human beings live the healthiest on a vegan diet, and biologically we are best suited for it. Not only that, but as you become older, you want to leave a legacy behind. What better legacy than to find compassion and refuse to contribute to the profitable and pervasive business of animal suffering and torture?

The book is very encouraging to older people thinking about going vegan. I liked the first part of the book but do not like or use most of the recipes. I like to make my own vegan food as I am a really picky eater. Still, very interesting book for those starting out or on the edge, especially the boomer crowd. You will really see and feel a difference in your health.

I am in my late 50s. I had tried to become vegan several times in the past, because of my love for animals. I was just never able to do it. This book got me over the hump. I am now a very happy fledgling vegan. I feel no deprivation whatsoever. My desire for animal foods is fading FAST. The book helped me realize that there are great-tasting vegan versions of practically anything. And it feels so good to be finally living consistent with my convictions. The book is extremely informative as well as inspirational. It's worth the price just to learn about the incredible array of vegan resources that are available out there. The authors mention that one of the things people most regret on their

deathbeds is not living in accordance with their true selves - going along with the culture or family or church or whatever, when their real selves want to go in a different direction. That point really hit me. I realized that in my heart of hearts I am a vegan. Maybe you are, too. This book can certainly help you find out.

I got this book for my parents. Ginny does a great job breaking complicated concepts down for everyday nutrition exploration. I think this is particularly helpful because my parents are full of questions and this book gives them the opportunity to investigate on their own.

Inspiring book as it is never too late to go vegan. I have been vegan since my 40's but I still found the stories inspiring. I went plant-based for health and along the way I learned about the whole ethical component and I felt compelled to go vegan when I realized there was no reason to continue to consume animals when it is not necessary for my health. I feel so much better in my 50's and I am so thankful that I learned how to be healthful through diet and lifestyle.

I enjoyed the whole of this book. It doesn't just give a list of reasons why to go vegan with some recipes tagged on. It's more informative and comprehensive for the mid-lifer, looking to make an ethical change of lifestyle and healthcare.

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