

PLANT-BASED DIETS IN THE PREVENTION AND TREATMENT OF CHRONIC DISEASE: RECENT FINDINGS

A PRESENTATION BY

BRENDA DAVIS, RD



Approximately 70% of North Americans will die as a result of a diet and lifestyle-induced disease. Yet, an estimated 90% of type 2 diabetes, 80% of heart disease and 70% of cancers are entirely preventable. This presentation examines the current evidence on chronic disease as it relates to plant-based diets. Are vegans, vegetarians and semi-vegetarians at a lower risk for cardiovascular disease, cancer, diabetes and other chronic diseases? Does eating a plant-based diet enhance longevity? Are plant-based diets effective in the treatment of these diseases? Join Brenda Davis, RD, for a thought-provoking update on plant-based diets and disease, including a summary of her research on diabetes in the Marshall Islands.

Brenda Davis, RD, is an international authority on vegetarian and vegan nutrition. She is co-author of nine books: *Becoming Vegan* (2003), *Becoming Vegan: Express Edition* (2013), *Becoming Vegan: Comprehensive Edition* (2014), *Becoming Raw* (2010), *Becoming Vegetarian* (1995), *The New Becoming Vegetarian* (2003), *The Raw Food Revolution Diet* (2008), *Defeating Diabetes* (2003) and *Dairy-free and Delicious* (2001). She is also a contributing author to a tenth book, *The Complete Vegetarian* (2009). Brenda has authored numerous professional and lay articles. She is a featured speaker at nutrition, medical and health conferences throughout the world. Brenda is the lead dietitian in a diabetes intervention project in Majuro, Marshall Islands. She is a past chair of the Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association.

MONDAY, FEB. 24, 2014, 7 P.M.
MCCOY PAVILION. ALA MOANA BEACH PARK

MONDAY, FEB. 24, 4:30-6 P.M.
VEGAN DINE-OUT AT LOVING HUT, 1614. S. KING ST.
SAMPLING MENU: SUMMER ROLL, HEAVENLY SALAD, BROWN RICE, HEALTHY STIR FRY, GURU CURRY
\$15 INCLUDING TAX; GRATUITY EXTRA. TO RSVP & PREPAY STARTING FEB. 10: PH. 373-6465 (NO PHONE MESSAGES, PLEASE)

TUESDAY, FEB. 25, 12:30-1:30 P.M.
CME LECTURE, CASTLE MEDICAL CENTER—KAILUA
FOR PHYSICIANS & OTHER HEALTHCARE CLINICIANS ONLY
FREE, FOR CME INFO, CALL 263-5382



Vegetarian Society of Hawaii

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