
If You Notice... Read...

If you notice...	Read
You've just started eating plants and don't know what to worry about	Ch. 1, p. 2; Ch. 14, p. 128
You're not sure which type of vegetarian you are	Ch. 1, p. 2; Ch. 2, p. 13
Your plant meals are mostly white rice and vegetables	Ch. 3, p. 20
You're vegan and don't take B12	Ch. 4, p. 31
Tingling or pins and needles in your hands or feet, or unusual forgetfulness	Ch. 4, p. 31; Ch. 12, p. 106
You take metformin or a stomach-acid reducer long term	Ch. 4, p. 31
People keep asking where you get your protein	Ch. 5, p. 40; Ch. 13, p. 118
You're over 60 and worried about losing muscle	Ch. 5, p. 40
You lift weights or do endurance sport on a plant diet	Ch. 5, p. 40; Ch. 13, p. 118
Tiredness, breathlessness on exertion, or being turned away from giving blood	Ch. 6, p. 49; Ch. 12, p. 106
You often drink tea or coffee with meals	Ch. 6, p. 49

If you notice...	Read
You worry about your bones, are past menopause or are vegan	Ch. 7, p. 57
You don't know whether your salt is iodised	Ch. 8, p. 65
You take kelp tablets or eat a lot of seaweed	Ch. 8, p. 65
You worry about soy and hormones or breast cancer	Ch. 9, p. 75
You worry about lectins, oxalates, arsenic in rice or heavy metals in protein powder	Ch. 9, p. 75
Eating plants has become a way to keep eating less and less	Ch. 9, p. 75; Ch. 13, p. 118
You eat a lot of mock meat or packaged plant foods	Ch. 10, p. 85
You often eat at vegetarian restaurants	Ch. 10, p. 85
You're allergic to soy, wheat or egg, or have coeliac disease	Ch. 10, p. 85
You have prediabetes or high cholesterol despite eating plants	Ch. 11, p. 98
You take diabetes or blood-pressure medicines	Ch. 11, p. 98; Ch. 13, p. 118
You have a lab report and want to understand each line	Ch. 12, p. 106
You've been offered a hair test or an IgG food test	Ch. 12, p. 106
Gas after eating more beans	Ch. 13, p. 118
Your family doesn't eat plants and worries about you	Ch. 13, p. 118
You're pregnant, breastfeeding or planning a pregnancy	Ch. 4, p. 31; Ch. 13, p. 118
You have chronic kidney disease or take warfarin	Ch. 3, p. 20; Ch. 13, p. 118

If you notice...	Read
You want to go back to eating some fish, eggs or meat	Ch. 13, p. 118
You want a short list to stick on the fridge	Ch. 14, p. 128