

# Latest in Plant-based Nutrition

A VSH PRESENTATION BY  
**VESANTO MELINA, MS, RD**

**TUESDAY, FEB. 6, 2018, 7 P.M.**  
**ALA WAI GOLF COURSE CLUBHOUSE**  
**404 KAPAHULU AVE., HONOLULU—OAHU**

(AT END OF 0.2 MI. DRIVEWAY BETWEEN WAIKIKI-KAPAHULU LIBRARY & GOLF COURSE—ACROSS FROM THE TEXACO STATION)

**KAUAI—SUN. JAN. 28, 4:30 P.M.—FREE LECTURE / POTLUCK**  
SUN VILLAGE CLUBHOUSE, 3-3400 KUHIO HWY, LIHUE  
POTLUCK: BRING VEGAN DISH W/ RECIPE (BEST DISH WINS \$25 GIFT CARD). IF NO DISH, MAY JOIN POTLUCK WITH DONATION, \$10 SUGGESTED. (CHILDREN 12 & UNDER FREE)

**MAUI—THU. FEB. 8, 7 P.M.—FREE LECTURE**  
VELMA SANTOS COMMUNITY CTR., 395 WAENA ST., WAILUKU

**E**very 5 years, the Academy of Nutrition and Dietetics puts out a Position Paper on Vegetarian Diets. In this dynamic presentation by its lead author, learn the latest! Appreciate consumer trends regarding plant-based diets. Gain practical tips for meeting recommended intakes for vitamin B12, omega-3 fatty acids, iron, iodine, and non-dairy sources of calcium. We'll include material on reducing risk of chronic disease, on nutrition for seniors, on soy foods, and how environmental concerns are becoming a focus of interest.

**MONDAY, FEBRUARY 5, 6-8 P.M.**  
**VEGAN DINE-OUT WITH VESANTO MELINA**  
BODHI TREE MEDITATION CENTER, 654A JUDD ST., HONOLULU  
VIETNAMESE VEGAN CUISINE BUFFET — OAHU  
\$19-PLEASE PAY AT EVENT (NO CREDIT CARDS). TO RSVP BY FEB. 4  
CALL (808) 445-9920 OR EMAIL [DINEOUT@VSH.ORG](mailto:DINEOUT@VSH.ORG).  
All proceeds from dine-outs go to meal providers, not to VSH.



**Vegetarian Society of Hawaii**

**Join us!**

For more info: call 944-VEGI (8344) or visit [www.vsh.org](http://www.vsh.org).



Vesanto Melina, MS, Registered Dietitian, is lead author of the Academy of Nutrition and Dietetics' current Position Paper on Vegetarian Diets. She also is co-author, with Brenda Davis, of *Becoming Vegan: Comprehensive Edition* and *Becoming Vegan: Express Edition* that have won book of the year awards in the US, a Canada Book Award, and received star rating with the American Library Association. These and her other books that are classic on plant-based nutrition and food are now in 11 languages. Vesanto is a consultant for individuals and for the government. She is from Vancouver Canada. Ref: websites [www.nutrispeak.com](http://www.nutrispeak.com) and [www.becomingvegan.ca](http://www.becomingvegan.ca)

**FREE Admission  
& Refreshments**

HONOLULU AND MAUI LECTURE REFRESHMENTS DONATED BY DOWN TO EARTH.