

About Me



Biography

Brenda Davis, registered dietitian, is a leader in her field and an internationally acclaimed speaker. She has worked as a public health nutritionist, clinical nutrition specialist, nutrition consultant and academic nutrition instructor. Brenda is the lead dietitian in a diabetes research project in Majuro, Marshall Islands. She is a featured speaker at nutrition, medical and [...]



[Favorite Quotes](#)

A picture is worth a thousand words. “A human being is part of a whole, called by us the Universe, a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest- a kind of optical delusion of his consciousness. This delusion is a kind of prison [...]

[Awards](#)

2014 – REAL Best of 2014 Book Award 2014 – Canada Book Award
2014 – 24-Carrot Award – Vegetarians in Paradise 2014 – Distinguished Dietitian Award – Dietitians For Professional Integrity
2013 – ForeWard Book of the Year Finalist and Honorable Mention 2007 – Vegetarian Hall of Fame Inductee (one [...])

[Diet and Lifestyle](#)

Diet and Lifestyle Choices What prompted you to become vegan? Many factors affected my decision to become vegan, but none more compelling than my interaction with a friend back in 1989. This person was someone who you would never have imagined could inspire this sort of transformation. On a

rather ordinary day, my [...]

[Photos](#)