

## Curriculum Vitae, Vesanto Melina, MS, RD

---

103-1733 East 33<sup>rd</sup> Ave, Vancouver B. C. Canada V5N 3E3  
Phone: (778) 379-5377 Cell: 604-614-5372 E-mail: [vesanto.melina@gmail.com](mailto:vesanto.melina@gmail.com)

### PROFESSIONAL ASSOCIATIONS

---

**Academy of Nutrition and Dietetics** (Member #713175)

**California State Dietetics Association** (Member #713175)

**Dietitians of Canada** (Member #4398)

**College of Dietitians of British Columbia** (Member #0447)

### EDUCATION

---

Undergraduate training was at the University of London, England and the University of Toronto, Ontario (1959-64). This led to a B.A. in Home Economics with specialization in nutrition.

Graduate work included a Masters Degree in Nutrition at the University of Toronto, Ontario (1964-65) and two years of graduate course work in Adult Education at the University of British Columbia (1973-5).

Wrote and passed the RD exam in United States in October 1997, while living in Seattle from 1995-97.

### SUMMARY

---

1965 to 2019 University lecturer, author, speaker, and in private practice as a government, facility, industry, and personal consultant.

### AWARDS

---

2016 Ryley Jeff Award for Leadership in Dietetics

2015 REAL Book of the Year Top 10 for *Becoming Vegan: Comprehensive Edition* (with Brenda Davis)

2014 2014 Canada Book Award for *Becoming Vegan: Express Edition* (with Brenda Davis)

1995 Clintec award for leadership in dietetics

### ACADEMIC NUTRITION TEACHING

---

2016-2019 Living Light Culinary Institute, Mendocino, California

1996-9 Bastyr University, Seattle, Washington

1984-90 School of Nursing, Vancouver General Hospital

1965-8, 1973-5, 1983-4 School of Family and Nutritional Sciences, University of B.C.  
(Basic and Therapeutic Nutrition)

---

**GOVERNMENT CONSULTING**


---

2000-2021	British Columbia Corrections, Ministry of Public Safety and Solicitor General (ongoing)
2003-8	British Columbia Youth Custody Centres
1997	WIC (Women, Infant, Children) Nutritionist for Seattle-King County
1989	Vancouver City Health Department (East and North Units)
1975-8	British Columbia Ministry of Health, Nutritionist for South Okanagan

---

**INDUSTRY CONSULTING**


---

2008	Greenhouse Delight Foods
2000-6	Nature's Path Foods
1999-2006	Yves Veggie Cuisine
2003	Intercity Packers
2000-2	Grainworks
1996-8	ProSoya (So Nice)

---

**HEALTH CARE FACILITY CONSULTING**


---

2005-18	HOME Society ( <a href="http://www.homesociety.ca">www.homesociety.ca</a> )
1985-93	Orion Intermediate Care Home, Normandy Hospital, Alexandra Private Hospital, Salvation Army Addiction Treatment Center for Women

---

**INDIVIDUAL CONSULTATIONS**


---

1994-2021	Becoming Vegetarian Nutrition Nutrispeak
1984-1993	Personalized Nutrition Programs Nutrition and Addictions

---

**SPEAKING**


---

2021	Vancouver (online), Medellin Columbia (online)
2020	Zoomer Show (Vancouver), Chef AJ (online New York), Chef Katie Mae (online Seattle), Plant Trainers (online Ontario)
2019	Nashville, Vancouver, Ottawa, Northern California
2018	Copenhagen, Paris, Ghent, Portland, Robert's Creek, Saskatoon, Vancouver, Oahu, Maui, Kauai
2012-2017	Cross Canada Tour-Dietitians of Canada; Aramark (Food Service Conference); Canadian Diabetes Association/CSEM Professional Conference and Annual Meeting; Vegetarian Associations (Halifax, Ottawa, Toronto, Winnipeg, Edmonton, Vancouver)
2010-2	Vegetarian Associations in Aarhus, Copenhagen, Edmonton, Halifax, Hawaii, New Orleans, Paris, Portland, San Francisco, Santa Rosa, Sebastopol, Toronto, Vancouver, Victoria, and Winnipeg
1992 to 2009	American Correctional Food Service Association Convention, Dietitians of Canada Annual Conventions, Washington and Oregon State Dietetics

Association, B.C. Dietitians' and Nutritionists' Association events in various locations, Continuing Education in the Health Sciences at UBC, Ontario Dietitians' Association (ODA) Convention, Cardiology Practice Group of ODA, British Columbia Teachers' Federation Convention; Registered Nurses' Association of B.C. Conventions; College of Dental Surgeons of B.C., Versa Food Service Managers, Native Counseling and Courtworkers' Association of B.C.; Hey' Way' Noq'; Tsawassen First Nations, Environment Youth Corps, YMCA, London Drugs Management, Vegetarian Associations in various locations across North America and Europe.

---

### PUBLICATIONS: BOOKS

---

Davis B, Melina V. *The Kick Diabetes Cookbook*. Book Publishing Co, 2018.

Davis B, Melina V. *Becoming Vegan: Comprehensive Edition: The Complete Reference to Plant Based Nutrition*. Book Publishing Co, 2014. (Awarded REAL Top 10 Book of the Year)  
Translated into Chinese and also available as a book on CD.

Davis B, Melina V. *Becoming Vegan: Express Edition*" by Brenda Davis and Vesanto Melina, Book Publishing Company, 2013. (2014 Canada Book Award; finalist with honorable mention for ForeWord Book of the Year Award; and given star rating by the American Library Association as "the go-to book" on vegan nutrition). Translated into Israeli, Chinese, Russian and Spanish.

Melina V, Forest J. *Cooking Vegetarian*. Harper Collins, 2011 (Earlier Editions: Wiley Canada 2011; John Wiley and Sons 1998; Macmillan Canada 1996)

Melina V, Forest J. *Cooking Vegan*. Book Publishing Co. 2012.

Davis B, Melina V. *Becoming Raw*. Book Publishing Co. 2010. Translated into Italian, 2018.

Stepaniak J, Melina V, Aronson D. *Food Allergies: Health and Healing*. Books Alive 2010.

Soria C, Davis B, Melina V. *Raw Food Revolution Diet*. Book Publishing Co. 2008.

Melina V, Stepaniak J, Aronson D. *Food Allergy Survival Guide*. Healthy Living Publ. 2004.

Stepaniak J, Melina V. *Raising Vegetarian Children*. McGraw-Hill, 2003.  
Also in Traditional Chinese. 素食兒童籌款. Persimmon Cultural Enterprise

New editions of *Becoming Vegan: Comprehensive* or *Express Editions* are coming out in Hebrew, Russian, Polish. Now 15 languages in all.

Melina V, Davis B. *Becoming Vegetarian*. Harper Collins 2013, 2003, (Earlier Editions: Wiley Canada, 2003; Book Publishing Co 1995; Macmillan Canada 1994.)

In the US as *New Becoming Vegetarian*. Book Publishing Co. 2003.

In Dutch as *Vegetarisch Eten*. Panta Rhei. 2011.

In Czech as *Prívodce vegetariána*. AK. 2008.

In Portuguese as *A Dieta Saudável dos Vegetais*. Editora Campus. 1998.

In French as *Devenir Végétarien*. Les Editions de l'Homme. 1996.

Barnard N, Melina V. *Healthy Eating for Life: To Prevent and Treat Cancer*. John Wiley & Sons. 2002.

Davis B, Melina V. *Becoming Vegan*. Book Publishing Co. 2000  
Also in Italian as *Diventare Vegani*. MacroEdizioni. 2011

Potvin Y, with Melina V. *The Good Cook Book by Yves*. Yves Publications. 1999.

PUBLICATIONS: JOURNAL ARTICLES

Melina V, Craig W, Levin S. Position of the Academy of Nutrition and Dietetics: Vegetarian Diets. *J Acad Nutr Diet*. 2016 Dec;116(12):1970-1980.

Melina V. Five Decades: From Challenge to Acclaim. *Can J Diet Pract Res*. 2016 Sep;77(3):154-8.

Position of the American Dietetic Association and Dietitians of Canada: Vegetarian Diets. American Dietetic Association and Dietitians of Canada; *J Am Diet Assoc*. 2003;103(6):748. (Co-authors Mangels AR, Messina V, Melina V.)

Dietitians of Canada and American Dietetic Association. Position of the American Dietetic Association and Dietitians of Canada: Vegetarian Diets. *Can J Diet Pract Res*. 2003;64(2):62. (Co-authors Mangels AR, Messina V, Melina V.)

Messina V, Melina V, Mangels AR. A new food guide for North American vegetarians. *J Am Diet Assoc*. 2003;103(6):771.

Messina V, Melina V, Mangels AR. A new food guide for North American vegetarians. *Can J Diet Pract Res*. 2003;64(2):82.

American Dietetic Association and Dietitians of Canada. Vegetarian chapter in *The Manual of Clinical Dietetics*. 6th edition, 2000.

*\*Note: Name changed from Crawford to Melina (due to marriage).*

Crawford. VL *Nutrition for the Adult Vegetarian* in *The Manual of Nutritional Care, British Columbia Dietitians' and Nutritionists' Association*, 4th edition, 1992. (Endorsed by the British Columbia Medical Association.)

Crawford VL. Eating Your Way to a Healthy Lifestyle. *Nursing B.C*. 1992;24(5):16.

Crawford. VL. Vegetarian Diets. *Update: Newsletter of the B.C.Nutrition Council*. 1986;11(1):1.

Crawford VL. *Nutrition and Hyperactivity in Children*. Ministry of Health, Province of B.C, 1980.

Crawford. VL. *Food for Little Folks*. Ministry of Health, Province of B.C. 1979.

Crawford. VL Junk Food in Our Schools? A look at student spending. *Journal of the Canadian Dietetic Association*. 1977;38(3)193.

Crawford. VL. *Low Methionine Exchange Lists*. School of Home Economics, University of British Columbia. 1969.

Davis MA, Crawford. VL, Lee M, Birbeck J. *Low Methionine Recipes*. Division of Human Nutrition, University of British Columbia. B.C. 1969

Perry TL, Hanson S, Love D, Crawford L, Tischler B. Treatment of Homocystinuria with a Low Methionine Diet, Supplemental Cystine and a Methyl Donor. *The Lancet*. 1968 August 31;ii:474.

