
Safety Flags at a Glance

Safety flags appear right after advice that could cause real harm for some people. The table below lists every safety flag in the book, with page numbers so you can find them again quickly. Safety flags are separate from evidence labels.

Safety flag	Page
Pregnancy and breastfeeding on a vegan diet	p. 34 (Ch. 4)
Numbness, weakness, confusion or difficulty walking in plant eaters	p. 35 (Ch. 4)
Taking high-dose iron without a test	p. 53 (Ch. 6)
Vegans over 60, post-menopausal women, people who are underweight	p. 59 (Ch. 7)
Eating a lot of kelp or taking kelp supplements	p. 67 (Ch. 8)
When eating plants becomes a strict diet	p. 81 (Ch. 9)
Egg, milk, soy or gluten allergy, and coeliac disease	p. 91 (Ch. 10)
Switching to a vegetarian diet while taking diabetes or blood-pressure medicines	p. 101 (Ch. 11)
Pregnancy, breastfeeding, or planning a pregnancy on a vegetarian diet	p. 123 (Ch. 13)
Chronic kidney disease, or taking warfarin, when switching to a vegetarian diet	p. 124 (Ch. 13)