

**Diet**

**Lifestyle**

# NUTRITION RESOURCE GUIDE

## DOCUMENTARIES:

1. Forks Over Knives (Netflix)
2. What the Health (Netflix)
3. Vegucated (Amazon prime, YouTube)
4. PLANEAT (YouTube)
5. Prescription: Nutrition
6. Eating You Alive
7. Game Changers (Netflix)

## BOOKS:

1. How Not To Die by Dr. Michael Greger
2. How Not To Diet by Dr. Michael Greger
3. Forks Over Knives cookbook
4. The China Study: The Most Comprehensive Study of Nutrition Ever Conducted by Dr. Campbell
5. Whole: Rethinking the Science of Nutrition by Dr. Campbell
6. Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure by Dr. Esselstyn. There is also a cookbook.
7. Dr. Neal Barnard's Cookbook for Reversing Diabetes
8. Disease-Proof Your Child: Feeding Kids Right by Dr. Joel Fuhrman
9. The Campbell Plan: The Simple Way to Lose Weight and Reverse Illness, Using the China Study's Whole-Food, Plant-Based Diet by Dr. Campbell
10. The Starch Solution by Dr. John McDougall. Debunks the myth that starch is the enemy.
11. The Vegiterranean Diet by Julieanna Hever. Some of the best Mediterranean recipes with NO OIL.
12. Let Them Eat Vegan by Dreena Burton. Her newest book, Plant Powered Families, shares over 100 whole-food, vegan recipes tested by her three children.

## WEBSITES/APPs/RECIPES:

1. Dr. Michael Greger is a physician, author and speaker who scours the world's nutrition research to bring you FREE daily videos and articles. His website is [www.nutritionfacts.org](http://www.nutritionfacts.org). Plus, he donates all proceeds from his books, DVDs and speaking to charity.
  - His mobile phone APP, Daily Dozen, allows you to keep track of the foods and advice recommended for optimal health and longevity. The APP also incorporates the "21 Tweaks" outlined in his new book, How Not To Diet.
  - New video posts on the Facebook page every other day. Videos are closed-captioned and the transcripts are also published.
  - Ask The Doctor: Dr. Greger answers health and nutrition questions from video and blog comments. Join the conversation and have your questions answered, too.
  - Over 1,800 health and nutrition topics from A-Z.

2. Forks Over Knives: This website and Facebook page comes straight to you from the makers of the documentary film, which everyone who eats should watch! You will find tons of great stuff including:

- The #1 food and drink app with over 180 plant-based recipes and a personalized shopping list.
- Up-to-date information from doctors working in the field of nutrition and Integrative medicine including Dr. T. Campbell, Dr. Caldwell Esselstyn, Jr. and Dr. John McDougall, among others.
- True stories from others who have made the successful transition to plant-based living
- Forks Over Knives cookbook has a ton of great plant based recipes.

3. Dr. McDougall's Health and Medical Center: Dr. John McDougall is a physician and nutrition expert who has been studying, writing, and speaking out about the effects of nutrition on disease for over 30 years.

- The doctor's FREE online program contains everything you need to successfully change your diet and lifestyle and regain control of your health and appearance.
- The cookbook app! It's super easy to use and includes health tips, a meal finder and shopping list feature.
- Join the doctor's Facebook page for lively discussions and frequent updates.

4. T. Colin Campbell Center for Nutrition Studies: Learn about the plant-based nutrition from the author of The China Study.

- In-depth articles from experts on everything from heart health to plant-based nutrition to vitamins and supplements.
- Tons of FREE videos. Tips of the Day, Dr. Campbell's controversial "Provocations" series and compelling interviews with patients, nutritionists and more.

5. Prevent and Reverse Heart Disease: Backed by the irrefutable results from Dr. Caldwell B. Esselstyn, Jr's 20-year study proving changes in diet and nutrition can actually reverse heart disease, you'll find:

- News you can use, including studies on diet and health and the doctor's speaking engagement calendar so you can find an event near you.
- The entertaining and informative video, "An Evening with the Esselstyn's", plus FREE videos including Dr. Esselstyn's Ted Talk and testimonial from former President Bill Clinton, who credits the doctor with changing his life!
- A fully updated DVD, which contains the same material as his live seminar.

6. The Physicians Committee for Responsible Medicine: The Physicians Committee is at the forefront of medical revolution-putting a new focus on health and compassion and dramatically changing the way doctors treat chronic illnesses.

- Breaking medical news and health topics from arthritis to diabetes to hormone therapy to migraine headaches and how foods can contribute to- or cure!- ailments.
- FREE monthly 21-Day Vegan kickstart program based on Dr. Neal Barnard's research.

7. Engine 2 Diet: Created by Rip Esselstyn, a former world class professional tri-athlete, and the son of Dr. Caldwell B. Esselstyn, Jr., this site is all about fully embracing tasty, nutritious, whole, plant-based foods without sacrificing energy, stamina or fitness.

- Getting Started section for anyone looking for advice, ideas and more.
- Get fit, get inspired and get fired up with the FREE nationwide Engine 2 Challenge
- Check out all the super-nutritious and super yummy recipes to fuel your body.

8. Jeff Novick: Dietician and nutritionist Jeff Novick's insightful and humorous approach to nutrition and health has helped thousands worldwide make the transition the healthy living.

- Find Q&As about plant-based nutrition and healthy living
- DVDs to help you learn to choose and cook nutritious food

9. The Plant-Based Dietician: Julieanna Hever is a passionate advocate of the miracles of a whole food, plant-based diet. She's the host of Veria Living Network's What Would Julieanna Do? And author of the best-selling book, The Complete Idiot's Guide to Plant-Based Nutrition.

- Julieanna's blog helps you keep up on popular nutrition news.
- Her vast resource section is an exhaustive list of books, cookbooks and web sites to help you become the herbivore you want to be.

10. The Plant Process: This app is meant to provide recipes to help you transition to a plant-based diet. When you are getting started having recipes helps.

11. Oh She Glows: ohsheglows.com. Angela has a blog/website, cookbooks and an app – all with amazing recipes that are plant-based. Her food is delicious!

12. UC Davis Integrative Medicine: <https://ucdintegrativemedicine.com> Recipes and resources. This is a great site.

#### **PEOPLE TO FOLLOW**

1. Dr. T. Collin Campbell
2. Dr. Michael Greger
3. Dr. Caldwell Esselstyn
4. Dr. Neal Barnard
5. Dr. Joel Fuhrman
6. Dr. John McDougall
7. Jeff Novick
8. Julieanna Hever

**Provided by Katharine F. Lord, PA-C**