**PLANT-BASED DIET RESOURCES** (\* = my personal favorites)

List compiled by Steven Lawenda, MD. As of November 5, 2018.

**Books: Plant-based and Recipe books**

Dr. Joel Fuhrman:

\*Eat to Live

Eat to Live Quick and Easy Cookbook

Eat to Live Cookbook

The End of Diabetes

The End of Heart Disease

The End of Dieting

Fast Food Genocide

Dr. Michael Greger:

\*How Not to Die

\*How Not to Die Cookbook

Dr. T Colin Campbell

\*The China Study, Revised and Expanded Edition (with Dr. Thomas Campbell)

The China Study Cookbook (Leanne Campbell)

Whole: Rethinking the Science of Nutrition

Dr. John McDougall:

The Starch Solution

The Healthiest Diet on the Planet

The McDougall Program for Maximum Weight Loss

Dr. Caldwell Esselstyn:

Prevent and Reverse Heart Disease

\*The Prevent and Reverse Heart Disease Cookbook

Dr. Neal Barnard:

Dr. Neal Barnard’s Program for Reversing Diabetes

21-Day Weight Loss Kickstart

Power Foods for the Brain

The Get Healthy, Go Vegan Cookbook

The Cheese Trap

Forks Over Knives series:

The Forks Over Knives Plan (Drs. Pulde and Lederman)

Forks Over Knives – The Cookbook (Del Sroufe and Isa Chandra Moskowitz)

Forks Over Knives (Gene Stone and T. Colin Campbell)

Forks Over Knives Family (Drs. Pulde and Lederman, Darshana Thacker)

Forks Over Knives Flavor! (cookbook)

Julieanna Hever, RD:

The Complete Idiot’s Guide to Plant-Based Nutrition

The Vegiterranean Diet

Brenda Davis, RD:

Becoming Vegan

Becoming Vegan Express Edition

Chef AJ:

Unprocessed

The Secrets to Ultimate Weight Loss

Dr. Douglas Lisle and Dr. Alan Goldhamer:

\*The Pleasure Trap

**Books: Pressure Cooking (Plant-based)**

Vegan Under Pressure by Jill Nussinow

Vegan Pressure Cooking by JL Fields

The Ultimate Vegan Cookbook for Your Instant Pot by Kathy Hester

O M Gee Good! Instant Pot Meals, Plant-Based and Oil-free by Jill McKeever

**Articles, Studies**

Lifestyle Medicine Review: Perm J 2018;22:17-025

Plant-Based Diet Update: Perm J 2013 Spring;17(2):61-66

Plant-Based Diet Review: Perm J. 2016 Summer;20(3):93-101.

Global Burden of Disease (impact of food on mortality*): JAMA.* 2013;310(6):591-606.

Heart Disease Reversal study (Ornish): JAMA. 1998;280(23):2001-2007

Heart Disease Reversal study (Esselstyn): The Journal of Family Practice. July 2014, Vol 63, No 7

Healthy vs Unhealthy Plant-based Diets and CVD risk: J Am Coll Cardiol 2017;70:411–22

Fiber Intake and Mortality: Am J Epidemiol. 2015, 181(2): 83

High protein diet, cancer and mortality: Cell Metabolism 19, 407–417, March 4, 2014

Animal vs Plant Protein and Mortality: JAMA Intern Med. 2016;176(10):1453-1463.

Processed Meat and Mortality: Am. J. Epidemiol. (2014) 179 (3): 282-289.

Eggs, Diabetes and CVD: Atherosclerosis 229 (2013) 524-530.

Hypertension and Plant-Based Diets: *J Geriatr Cardiol* 2017; 14: 327−330.

DASH diet was originally intended to be plant-based: Journal of the American Dietetic Association , Volume 99 , Issue 8 , S19 - S27

DASH diet trial (hypertension): N Engl J Med 1997; 336:1117-1124

Hypertension plant-based feeding study: McDougall et al. Nutrition Journal 2014, 13:99

Risk of diabetes lowest with vegan diet: Diabetes Care 2009;32:791-6.

Plant-Based Diets and Diabetes, Review: *BMJ Open Diabetes Research and Care*2018;6:e000534.

Diabetes Guidelines from AACE and ACE now recommend a plant-based diet: Endocrine Practice: January 2018, Vol. 24, No. 1, pp. 91-120.

Saturated fat and insulin resistance: J Appl Physiol 100: 1467–1474, 2006.

Saturated fat, insulin resistance and fatty liver (IHTG): Diabetes Care 2018;41:1732–1739

Quality of Life on Plant-based Diet, Randomized Trial: American Journal of Health Promotion, Mar/Apr 2015, Vol. 29, No. 4

**Documentaries**

Forks Over Knives (on Netflix)

What the Health (on Netflix)

Eating You Alive (www.eatingyoualive.com)

PlantPure Nation ([www.plantpurenation.com](http://www.plantpurenation.com))

\*The Game Changers (coming soon)

**Websites**

\*www.nutritionfacts.org

\*https://nutritionguide.pcrm.org/nutritionguide

\*www.forksoverknives.com (has meal planning service)

\*www.lighter.world (has meal planning service)

\*www.drfuhrman.com

\*www.drmcdougall.com

www.straightupfood.com

www.ohsheglows.com

www.brandnewvegan.com

www.nutritionmd.org

www.pcrm.org

www.plantbaseddietitian.com

www.brendadavisrd.com

www.chefajwebsite.com

www.vegsource.com

www.happyherbivore.com

www.engine2diet.com

www.fatfreevegan.com

www.plantpoweredkitchen.com