



GOOD NUTRITION WILL BENEFIT YOUR LIFE

# **VEGETARIAN RESOURCES-Books, ADA Position Paper, Online**

## **Books Authored by MDs and RDs**

Dr. Neal Barnards' Program For Reversing Diabetes- 2007 Rodale Press, N.Y.,N.Y.  
Dr. John MacDougall-12 Days to Dynamic Health, Digestive Tune-Up, The Mcdougall Quick and Easy Cookbook: Over 300 Delicious Low-Fat Recipes You Can Prepare in Fifteen Minutes or Less  
Dr. Sherry Rogers- The Cure is in the Kitchen  
Brenda Davis, R.D., Vesanto Melina, M.S., R.D.- Becoming Vegan-

## **Dean Ornish, MD- 6 books- 4 NYTimes bestsellers**

### **Selected Videos**

Dean Ornish, MD: The Power of Sustainable Changes in Diet & Lifestyle  
[The University of Texas: MD Anderson Cancer Center](#)  
Dean Ornish, MD: Reversing Heart Disease/ [Dr. Oz Show](#)  
Drs. Dean Ornish & Deepak Chopra in a wide-ranging discussion /[TED MED](#)  
Dean Ornish, MD: What's Good For You is Good For the Planet/ [Turning the Tide 2010: Institute at the Golden Gate](#)  
Dean Ornish, MD: Healthy Connections/ [PopTech](#)  
Dean Ornish, MD: Bill Clinton and Reversing Heart Disease/ [CNN: Larry King LIVE](#)  
Dean Ornish, MD: Health Reform/ [CNN: Larry King LIVE](#)  
Dean Ornish, MD: Senate Health Reform Testimony/[Watch Testmony: http://help.senate.gov](#)  
Read Full testimony: [PDF](#)  
Dean Ornish, MD - Keynote: Reviewing the Science of Integrative Medicine  
**Institute of Medicine's Summit on Integrative Medicine 2009/**[View the slides of Dr. Ornish's lecture: \(PDF\)/ Watch Dr. Ornish's talk](#)  
Dean Ornish, MD: Genes Are Not Your Fate/[TED Talk](#)  
Dean Ornish, MD: The World's Killer Diet/[TED Talk](#)  
Dean Ornish, MD: Healing/[TED Talk](#)  
Dean Ornish on Stopping Prostate Cancer/  
[Good Morning America](#)  
Dean Ornish on Treating the Whole Patient /[Good Morning America](#)  
Dean Ornish on Breakthroughs in Cancer/[Good Morning America](#)  
Dean Ornish, MD/[Charlie Rose](#)

## **Neal Bernard, M.D. Interviews**

<http://www.goveganradio.com/podcast/rss.xml/>

Live interviews- Radio, News TV, Podcasts

**Landman & Associates, Inc.**

Alix B. Landman, R.D., M.P.H., C.D.E.

7520 N.W. 5<sup>th</sup> Street, Suite 207, Plantation, FL 33317

(954) 792-7303 • (800) 549-2549 • (954) 792-7656 fax • [www.nutritionSMARTS.com](http://www.nutritionSMARTS.com)



GOOD NUTRITION WILL BENEFIT YOUR LIFE

**Food for Life for Diabetes**

<http://www.pcrm.org/health/diabetes/>

**NutritionMD**-[www.nutritionmd.org](http://www.nutritionmd.org)

**Nutrition Guide for Clinicians**

[http://www.pcrm.org/shop/clinicians\\_guide.html](http://www.pcrm.org/shop/clinicians_guide.html)

**PCRM**

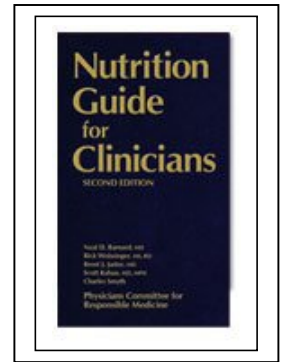
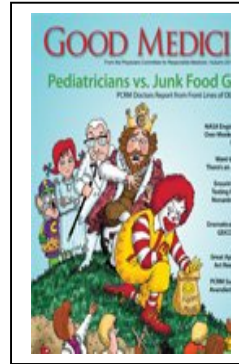
[www.pcrm.org](http://www.pcrm.org)

PCRM's quarterly magazine *Good Medicine*

[www.pcrm.org/magazine](http://www.pcrm.org/magazine)

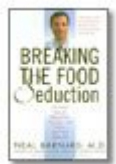
**The Cancer Project**

[www.cancerproject.org](http://www.cancerproject.org)



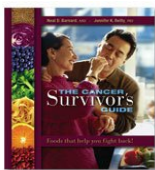
Neal D. Barnard, M.D., [\*Dr. Neal Barnard's Program for Reversing Diabetes\*](#) (2007: Rodale)

A diagnosis of type 2 diabetes is often a grim precursor to heart disease, kidney failure, stroke, nervous system damage, and other life-threatening complications. But a new book by nutrition researcher Neal Barnard, M.D., says it doesn't have to be that way. Based on his own recently published research, *Dr. Neal Barnard's Program for Reversing Diabetes* outlines a powerful new nutritional approach—a low-fat vegan diet—that can help many patients cut their blood sugars, improve their insulin sensitivity, and reduce—if not eliminate—their medications. [Learn more >](#)



Neal D. Barnard, M.D. [\*Breaking the Food Seduction\*](#) (2003: St. Martin's Press, New York, NY)

Based on the author's research and that of other leading investigators at major universities, *Breaking the Food Seduction* reveals the diet and lifestyle changes that can break stubborn craving cycles.



Neal D. Barnard, M.D. [\*The Cancer Survivor's Guide\*](#) (2008: Book Publishing Company, Summertown, Tenn.)

Find out how foods fight cancer and the advantages of a high-fiber, low-fat, dairy- and meat-free diet. Includes updates from the latest research, special prostate and breast cancer sections, tips for making the dietary transition, and more than 130 recipes.

**Landman & Associates, Inc.**

Alix B. Landman, R.D., M.P.H., C.D.E.

7520 N.W. 5<sup>th</sup> Street, Suite 207, Plantation, FL 33317

(954) 792-7303 • (800) 549-2549 • (954) 792-7656 fax • [www.nutritionmarts.com](http://www.nutritionmarts.com)



GOOD NUTRITION WILL BENEFIT YOUR LIFE



Neal D. Barnard, M.D. [\*Turn off the Fat Genes\*](#)

(2001: Harmony/Random House, New York, N.Y.)

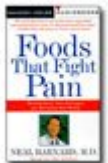
Breakthrough genetic research indicates that genes are not just on/off switches for characteristics we can't control (like gender or eye color). Dr. Neal Barnard draws on this cutting-edge research to create a revolutionary new program for activating thin genes and suppressing fat genes.



Neal D. Barnard, M.D. (Ed.) [\*The Best in the World\*](#)

(1998: Physicians Committee for Responsible Medicine, Washington, D.C.)

This collection of delicious recipes features dishes from places as diverse as a seaside cafe in Portugal, a cozy restaurant in Saint-Tropez, and a trendy night spot in Sydney.



Neal D. Barnard, M.D. [\*Foods That Fight Pain\*](#)

(1998: Harmony/Random House, New York, N.Y.)

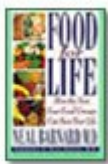
Drawing on new and little-known research from prestigious medical centers around the world, Neal Barnard, M.D., shows how readers can soothe everyday ailments and cure chronic pain by using common foods, traditional supplements, and herbs.



Neal D. Barnard, M.D. [\*Eat Right, Live Longer\*](#)

(1995: Harmony/Random House, New York, N.Y.)

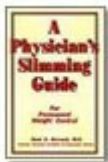
By following Dr. Barnard's guidelines you will learn how to choose specific foods for strengthening bones, cleaning arteries, dissolving fat, rejuvenating skin, and boosting the immune system—so you can look years younger and feel more energetic than ever before.



Neal D. Barnard, M.D. [\*Food for Life\*](#)

(1993: Harmony/Random House, New York, N.Y.)

The new four food groups are grains, legumes, vegetables, and fruits. Meat and dairy lose their food- group status, and fruits and vegetables no longer share a single group. Dr. Barnard unveils a 21-day program for a smooth transition to the new four food groups.



Neal D. Barnard, M.D. [\*A Physician's Slimming Guide\*](#)

(1992: Book Publishing Co., Summertown, Tenn.)

This book offers a new approach to weight control. It is not a diet. It is a comprehensive program that brings about better weight control than old-fashioned diets ever could.

Landman & Associates, Inc.

Alix B. Landman, R.D., M.P.H., C.D.E.

7520 N.W. 5<sup>th</sup> Street, Suite 207, Plantation, FL 33317

(954) 792-7303 • (800) 549-2549 • (954) 792-7656 fax • [www.nutritionSMARTS.com](http://www.nutritionSMARTS.com)



GOOD NUTRITION WILL BENEFIT YOUR LIFE



Neal D. Barnard, M.D. [\*The Power of Your Plate\*](#)

(1990: Book Publishing Co., Summertown, Tenn.)

With the right foods, you can lose weight permanently (without restrictive diets), prevent and even reverse heart disease, and reduce your chances of contracting many types of cancer.

## **Glycemic Index and Load**

Jennie Brand-Miller, P.h.D, R.D.- Glycemic Index- The New Glucose Revolution: The Authoritative Guide to the Glycemic Index - the Dietary Solution for Lifelong Health

David A. Jenkins, M.D.- Glycemic index: overview of implications in health and disease  
[www.Fifty50.com](http://www.Fifty50.com)- great website to learn about Glycemic index and its application to a patient's daily diet and blood glucose.

## **Dietitians Authoring Books**

Reed Mangels, PHD, RD, Debra Wasserman- [Simply Vegan](#)

Melina Vesanto, RD- [Cooking Vegetarian](#)

Melina Vesanto, RD, Brenda Davis, R.D.- [Becoming Vegetarian](#)

Mark Messina, PHD, Virginia Messina, MPH, RD- [The Dietitian's Guide To Vegetarian Diets](#)

Nancy Berkoff, EdD, RD [Vegan Menu for People with Diabetes](#)

[www.vrg.org](http://www.vrg.org)- fabulous website representing professionals providing information about vegetarianism practice for both professionals and consumers.

## **American Dietetic Association Position Paper**

Vegetarian Diets: July 2009 Volume 109 Number 7, pp. 1266-1282.

## **Online Resources**

Culinary Sites/ Recipes and Instruction

<http://www.aicr.org/>

[www.DANISPIES.com](http://www.DANISPIES.com)- video instruction and recipes of healthy foods

**Google Video**- type desired food into address bar of google video- bring up an educational video on recipe of choice

The Vegetarian Resource Group- <http://www.vrg.org/recipes/>

Vegetarian Times Magazine- <http://www.vegetariantimes.com/>

## **Vegetarian Recipes – (All recipes here are Vegan- dairy, egg, meat free)**

Vegetarian Cooking- Christina Pirello

Becoming Vegetarian- Brenda Davis, R.D. Vesanto Melina, M.S., R.D.

Vegetarian Resource Group- Dietitians involved in vegetarianian- <http://www.vrg.org/>

Wholistic Cruises- <http://www.atasteofhealth.org/>

<http://www.care2.com/channels/ecoinfo/vegetarian> (List of the best Vegetarian sites)

**Landman & Associates, Inc.**

Alix B. Landman, R.D., M.P.H., C.D.E.

7520 N.W. 5<sup>th</sup> Street, Suite 207, Plantation, FL 33317

(954) 792-7303 • (800) 549-2549 • (954) 792-7656 fax • [www.nutritionismarts.com](http://www.nutritionismarts.com)