



Recommended Websites – Listed Alphabetically *Plant-Based Health & Nutrition*

<https://www.downstate.edu/plant-based/>

SUNY Downstate Committee on Plant-based Health and Nutrition

Committee website with access to several evidence-based documents, including a position statement, clinical research summary, myths & facts sheet, frequently asked question (FAQ) lists, beginner's guide to plant-based eating, and information about related videos and conferences.

<https://lifestylemedicine.org>

American College of Lifestyle Medicine (ACLM)

Lifestyle medicine involves using evidence-based therapeutic approaches, such as a whole-food plant-based diet, regular physical activity, adequate sleep, stress management, avoiding risky substances, and other non-drug modalities, to prevent, treat, and, reverse lifestyle-related, chronic disease. The site offers resources, evidence, courses, a residency curriculum, and information on advocacy and their scientific journal.

<https://www.brooklyn-usa.org/plant-based-nutrition/>

Resources for Eating a Plant-Based Diet in Brooklyn

Wide selection of resources compiled by the Office of the Brooklyn Borough President Eric L. Adams, an impassioned advocate for plant-based health and nutrition. Includes diet guides, books, documentaries, organizations, restaurant listings, doctor listings, natural food stores, meal delivery sources, and information on vegan events and meetups at Borough Hall.

<https://www.byanygreensnecessary.com/veganstarterguide>

African American Vegan Starter Guide

Free, downloadable 35-page guide by African American vegan experts on simple ways to begin a plant-based lifestyle. Includes recipes and resources.

<http://www.dresselstyn.com/site/>

Dr. Esselstyn's Prevent & Reverse Heart Disease Program

Offers news, articles, books, videos, and testimonials about the plant-based diet used by Caldwell B. Esselstyn Jr., MD, in his research involving nearly 200 patients demonstrating reversal of coronary artery disease using angiograms. Some useful free material but much of the site is promotional for the program.

<https://www.drmcDougall.com>

Dr. McDougall's Health & Medical Center

Offers resources on plant-based health and nutrition, emphasizing the McDougall Diet, based on whole food starches, vegetables, and fruits, without any oils or animal foods. Some useful free material but much of the site is promotional for the diet.

<https://eatingveg.org/>

Eating Veg a Project of the Humane League

Free resources on why eating vegetarian is good for you, how to make the switch to a plant-based diet, and what you should eat, including recipes and culinary tips for dining in and dining out.

<https://engine2diet.com/>

Engine 2 Plant-Strong Diet

A wide variety of resources designed to help empower people to adopt a whole foods plant-based lifestyle. Founded by Rip Esselstyn, a former Austin firefighter and professional triathlete, Engine 2 provides recipes, coaching and a meal planner following the evidence-based research of Rip's father, Dr. Caldwell B. Esselstyn, Jr., author of Prevent and Reverse Heart Disease.

<https://foodrevolution.org/>

Food Revolution Network

A for-profit network, founded by Ocean Robbins – committed to healthy, ethical, and sustainable food for all – that offers a wide variety of free information plus programs and products for sale, including recordings and transcripts from their Food Revolution Summits.

<https://www.forksoverknives.com>

Forks Over Knives

Empowers people to live healthier lives by changing how the world understands nutrition, including tools and resources to make a plant-based lifestyle easy and enjoyable. The website is an outgrowth of the 2011 film with the same name and the accompanying NY Times best-selling book.

<https://www.gaplesinstitute.org/>

The Gaples Institute for Nutrition and Lifestyle

The Gaples Institute is a nationally recognized, physician-led nonprofit that advances the role of nutrition and lifestyle in healthcare. The Institute has developed award-winning, interactive-rich continuing nutrition education for physicians in all stages of medical training in top medical centers throughout the United States.

<https://www.happycow.net/>

Happy Cow

Website and smartphone app for locating plant-based restaurants, groceries, and stores. Covers many topics related to eating vegetarian and provides a directory of low fat vegan and heart healthy recipes.

<https://www.loveholidays.com/holidays/vegan-travel-guide/>

A Practical Guide to Travelling as a Vegan

A practical guide to travelling as a vegan, or with other dietary requirements, including vegetarian diets, gluten-free diets, food allergies, and food intolerances. Useful information on preparatory research, vegan-friendly destinations, and useful links and resources.

<https://www.masteringdiabetes.org/>

Mastering Diabetes

Provides a wealth of free, evidence-based education about reversing insulin resistance using a whole-food, plant-based diet through their annual online summit, scientific articles, testimonials, retreats, coaching options, recipes, live webinars, YouTube videos, Instagram posts and the Mastering Diabetes podcast.

<https://www.newleafvegans.org/>

new leaf Vegan Mentor Program

A free program that connects individuals wishing to pursue a vegan diet with a trained, volunteer mentor for on-on-one individualized support. Mentors are trained to answer questions, share information and resources, discuss challenges, and celebrate success.

<https://nutritionstudies.org/>

T. Colin Campbell Center for Nutrition Studies

As noted on the site, “Our mission is to promote optimal nutrition through science-based education, advocacy, and research. By empowering individuals and health professionals, we aim to improve personal, public, and environmental health.” The site provides a food guide, recipes, topic discussions, and an online course leading to a Plant-Based Nutrition Certificate.

<https://nutritionfacts.org>

Michael Greger’s non-profit, donor-funded site for evidence-based nutrition advice

NutritionFacts.org is a strictly non-commercial, science-based public service provided by Michael Greger, MD, author of the NY Times bestseller How Not to Die, providing free updates on the latest in nutrition research via bite-sized videos. There are more than a thousand videos on nearly every aspect of healthy eating, with new videos and articles uploaded every day.

<https://www.ornish.com>

Ornish Lifestyl Medicine

Highlights Dr. Ornish’s Program for Reversing Heart Disease, based on a series of research studies that show how changes in diet and lifestyle can impact health and well-being. The site offers educational information in collaboration with the Preventive Medicine Research Institute.

<https://www.pcrm.org>

Physicians Committee for Responsible Medicine (PCRM)

Resources from the PCRM, established in 1985 by Neal D. Barnard, MD, to promote preventive medicine, conduct clinical research, and advocate for higher ethical research standards. The committee includes 12,000 physicians and 175,000 global members, with a mission of saving and improving human and animal lives through plant-based diets and research. The site offers a wealth of information on news, research, good nutrition, health topics, ethical science, and taking action.

<https://plantbasedresearch.org>

Plant-Based Research Online Database for Plant-Based Nutrition

Provides an online narrative review of peer-reviewed, scientific research papers and educational resources that are relevant to plant-based nutrition, including links to abstracts and articles. The library contains about 700 articles, with tags that allow searching by category.

<https://www.plantpoweredmetro.org/>

Plant Powered Metro NY

Supports and empowers people on their path to wellness through whole-food, plant-based (WFPB) nutrition as part of a world-wide movement that engages people and practitioners of all ages, stages, and backgrounds. The site describes events, resources, news, opportunities, and local support systems for partnership and engagement in whole food, plant-based nutrition.

<https://plantricianproject.org/>

The Plantrician Project: Planting the Seeds of Change

A not-for-profit corporation designed to reach physicians and healthcare professionals with a multi-faceted initiative that educates, equips, and empowers them and their patients, paving the way for a shift to a plant-based lifestyle. In addition to a website full of learning resources, the Project sponsors international conferences and a new medical journal on disease prevention and reversal.

<https://www.vegangotham.com/>

Vegan Gotham: If Batman was Vegan in New York

Resource for identifying vegan restaurants and eateries in New York by location, food type, cuisine, borough and other characteristics. Has a map showing location of all sites in the 5 boroughs.

<https://wfpbandme.com/>

Whole Food, Plant-Based (WFPB) and Me

Offers several toolkits, for purchase, for practitioners who want to help patients get healthier, without medication, but do not have the time to talk with clients about the benefits of nutrition. Available kits include brochures, patient letters, posters, and a resource sheet.