

Use the following chart as a guide for healthy, plant-based food choices:

Eat Freely	Eat Sparingly	Avoid
<ul style="list-style-type: none"> ▪ Starchy vegetables-soak potatoes ▪ Non-starchy vegetables ▪ Green leafy vegetables ▪ Beans, lentils, and peas ▪ Whole grains ▪ Whole fruits ▪ Herbs and spices 	<ul style="list-style-type: none"> ▪ High-fat plant foods ▪ Nuts and seeds ▪ Avocados and olives ▪ Whole grain flour ▪ Pastas and pasta alternatives ▪ Sprouted bread ▪ Dried fruits 	<ul style="list-style-type: none"> ▪ Meat ▪ Dairy ▪ Eggs ▪ Oil ▪ Refined flours ▪ Refined sugar ▪ Salt ▪ Highly-processed foods

Movies, Websites, and Podcasts



Movies

Forks Over Knives
Game Changers
What the Health



Websites

www.Nutritionfacts.org
www.Forksoverknives.com
www.NutritionStudies.org



Podcasts

Rich Roll
Plant Proof
Plant Strong
Health Doc VIP
Healthy Human Revolution



Recipes

Website/App

- Forks Over Knives website and app
- Plant Based Life website: <https://pblife.org>

Cookbook

- How Not to Diet
- How Not to Die
- Prevent and Reverse Heart Disease



Plant Based Coaching And Cooking Classes

- MasteringDiabetes.org
- <https://theplantfedgut.com/>
- <https://esteemdynamics.org/>
- <https://www.nutmegnotebook.com/>
- <https://www.meetup.com/sacvegansociety-org/>
- www.VeganMedicalDoctor.com/goodbye-lupus.html



Books

- Master Diabetes, *Cyrus Khambatta and Robby Barbaro*
- How Not to Diet, *Michael Greger*
- Fiber Fueled (recipes included), *Will Bulsiewicz, MD*
- UnDo It! (recipes included), *Dean Ornish and Anne Ornish*
- The China Study (Plant based diet and relationship to Cancer), *T. Colin Campbell and Thomas M. Campbell*
- Prevent and Reverse Heart Disease with recipes, *Caldwell B. Esselstyn, Jr*
- The Secrets to Ultimate Weight Loss with recipes, *Chef AJ and Glen Merzer*
- How Not to Die, *Michael Greger, MD and Gene Stone*
- Plant-Fed Kidneys - The Diet to Slow Chronic Kidney Disease, *Jennifer Moore*