

# Experts Support Plant-Sourced Nutrition

**“Plant-based diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes.”**

**– THE ACADEMY OF NUTRITION & DIETETICS, 2016**

[www.eatrightpro.org/~media/eatrightpro\\_files/practice/position\\_and\\_practice\\_papers/position\\_papers/vegetarian-diet.ashx](http://www.eatrightpro.org/~media/eatrightpro_files/practice/position_and_practice_papers/position_papers/vegetarian-diet.ashx)

## **BRITISH DIETETIC ASSOCIATION**

[www.bda.uk.com/foodfacts/vegetarianfoodfacts.pdf](http://www.bda.uk.com/foodfacts/vegetarianfoodfacts.pdf)

## **CLEVELAND CLINIC**

<http://my.clevelandclinic.org/services/heart/prevention/nutrition/food-choices/understanding-vegetarianism>

## **DIETITIANS ASSOCIATION OF AUSTRALIA**

<https://daa.asn.au/smart-eating-for-you/smart-eating-fast-facts/healthy-eating/vegan-diets-facts-tips-and-considerations>

## **DIETITIANS OF CANADA**

[www.dietitians.ca/Your-Health/Nutrition-A-Z/Vegetarian-Diets/Eating-Guidelines-for-Vegans.aspx](http://www.dietitians.ca/Your-Health/Nutrition-A-Z/Vegetarian-Diets/Eating-Guidelines-for-Vegans.aspx)

## **HARVARD SCHOOL OF PUBLIC HEALTH**

<https://www.hsph.harvard.edu/news/press-releases/plant-based-diet-reduced-diabetes-risk-hu-satija/>

## **NATIONAL INSTITUTES OF MEDICINE: Health Advantages of a Vegan Diet**

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4245565/#\\_\\_sec9titles](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4245565/#__sec9titles)

## **NEW YORK PRESBYTERIAN HOSPITAL**

<https://www.phs.org/tools-resources/patient/Pages/recommended-health-resources.aspx#Healthy-Eating>

## **NHS, BRITISH NATIONAL HEALTH SERVICE**

[www.nhs.uk/Livewell/Vegetarianhealth/Pages/Vegandiets.aspx](http://www.nhs.uk/Livewell/Vegetarianhealth/Pages/Vegandiets.aspx)

## **NUTRITIONFACTS, DR. MICHAEL GREGER**

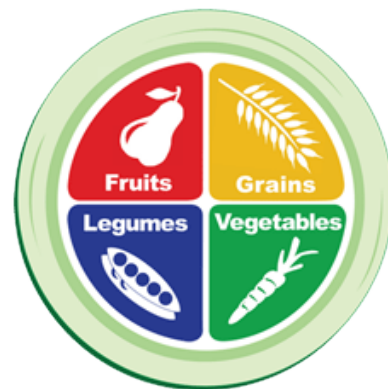
[www.nutritionfacts.org/video/uprooting-the-leading-causes-of-death](http://www.nutritionfacts.org/video/uprooting-the-leading-causes-of-death)

## **THE PERMANENTE JOURNAL, KAISER PERMANENTE**

[www.thepermanentejournal.org/issues/search/results/50-the-permanente-journal/commentary/6192-plant-based-diets-a-physician's-guide.html](http://www.thepermanentejournal.org/issues/search/results/50-the-permanente-journal/commentary/6192-plant-based-diets-a-physician's-guide.html)

## **PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE**

<http://www.pcrm.org/health/diets/pplate/why-power-plate>



## **POWER PLATE**

The Physician's Committee  
for Responsible Medicine  
PCRM.org