

Plant-Based Diets: A Potent Tool for Chronic Disease Prevention & Treatment



Additional Resources

- [Plant-Based Lifestyle Medicine Program at NYC Health + Hospitals/Bellevue](#)
- Physicians Committee for Responsible Medicine (education on plant-based diets for professionals & patients) <https://www.pcrm.org/>
- The Plant-Based Diet: A Patient's Education Guide. Kaiser Permanente. <https://share.kaiserpermanente.org/wp-content/uploads/2015/10/The-Plant-Based-Diet-booklet.pdf>
- Plant-Based Diets: A Physician's Guide. Hever J, Permanente J 2016. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4991921/pdf/permj203p0093.pdf>
- Position of the Academy of Nutrition & Dietetics: Vegetarian Diets (2016) <http://www.eatrightpro.org/~media/eatrightpro%20files/practice/position%20and%20practice%20papers/position%20papers/vegetarian-diet.ashx>
- Preparing to Prescribe Plant-Based Diets for Diabetes Prevention & Treatment. Trapp C et al, Diabetes Spectrum 2012. <http://spectrum.diabetesjournals.org/content/25/1/38>
- Quick Start Guide to Plant-Based Nutrition (free download; Spanish also available) <https://plantricianproject.org/quickstartguide>