

“What’s on the Menu: Vegetarian, Vegan and Raw Nutrition and Food”

1. Meeting DRIs for protein, omega-3 fatty acids, iron, zinc, calcium on vegetarian, vegan, and raw food diets.
2. Nutritional challenges that arise in designing plant based diets, along with solutions.
3. Recent research on plant-based diets and: cardiovascular disease, diabetes, cancers, rheumatoid arthritis, fibromyalgia.

Books

Melina V, Forest J. *Cooking Vegan* by The Book Publishing Company, 2012.

Mangels AR, Messina V, Messina M. *The Dietitians Guide to Vegetarian Diets*. Jones and Bartlett Learning Ltd. 2011.

Norris J, Messina V. *Vegan for Life*. Da Capo Long Life Publ. 2011.

Davis B, Melina V. *Becoming Raw*, The Book Publishing Company, 2010.

Soria C, Davis B, Melina V. *The Raw Food Revolution Diet*. The Book Publishing Company, 2009.

Melina V, Davis B. *The New Becoming Vegan*. The Book Publishing Company,

Stepaniak J, Melina V. *Raising Vegetarian Children* by Jo, McGraw-Hill, 2003.

Davis B, Melina V. *Becoming Vegan*, The Book Publishing Company. 2000 (Update January 2013)

Continuing Education for RDS (Wolf Rinke)

Becoming Raw: The Essential Guide to Raw Vegan Diets. (Davis B, Melina V.)

www.wolfrinke.com/CEFILES/C207CPEcourse.htm

Melina V, Davis B. *The New Becoming Vegetarian: The Essential Guide to a Healthy Vegetarian Diet*

<http://www.wolfrinke.com/CEFILES/C170CPEcourse.htm>

Stepaniak J, Melina J, Aronson D. *Food Allergy Survival Guide: Living Well Without Dairy, Eggs, Fish, Gluten, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Yeast and More*. www.wolfrinke.com/cefiles/C176CPEcourse.htm

Vegan Books Free of the Top Eight Allergens

Stepaniak J, Melina J, Aronson D. *Food Allergies: Health and Healing* The Book Publishing Company 2010,

Melina V, Stepaniak J, Aronson D, *Food Allergy Survival Guide* The Book Publishing Company 2004.

Veg-related Resources

Travel: Restaurants www.happycow.net

Menu Planning, Vegetarian Starter Kit, and Low Fat Vegan Recipes. Online at <http://www.nutritionmd.org>

True North Health Clinic, Santa Rosa, California. Water fasting success with Type 2 Diabetes, Hypertension, Rheumatoid Arthritis. NIH grant. Reasonable cost. www.healthpromoting.com

Nutritional Analysis

ESHA, The Food Processor, Nutrition and Fitness Software. 2005. Program available from:

<http://www.esh.com/foodpro.htm>. Accessed January 2012.

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General

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Messina V., Melina V., Mangels A. R. A new food guide for North American vegetarians. *J. Am. Diet. Assoc*. 2003;103:771-775.

Spencer EA, et al. Diet and body mass index in 38,000 EPIC-Oxford meat-eaters, fish-eaters, vegetarians, and vegans. *Int J Obesity*. 2003;27:728-34.

Iron and Zinc

Cook JD, Dassenko SA, Lynch SR. Assessment of the role of nonheme-iron availability in iron balance. *Am J Clin Nutr*. 1991;54:717-22.

Norris J, Messina V. *Vegan for Life*. Da Capo Long Life Publ. 2011.

Gibson RS, Perlas L, Hotz C. Improving the bioavailability of nutrients in plant foods at the household level. *Proc Nutr Soc*. 2006 May;65(2):160-8

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Hotz C, Gibson RS. Traditional food-processing and preparation practices to enhance the bioavailability of micronutrients in plant-based diets. *J Nutr*. 2007 Apr;137(4):1097-100.

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Vitamin B12

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Plant based Diets, Disease, and Health (General)

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Cancer

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Rheumatoid Arthritis and Fibromyalgia

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Diabetes

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Diabetes Resources

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Reversing the Deadly Epidemic of Diabetes in an Entire Nation. Summer 2011.
<http://www.canvasback.org/pdf/news/40.pdf>

The basic principles of vegan nutrition by Dietitian Heather Russell. Well-planned vegan diets contain all the nutrients we need to remain strong and healthy. When people go vegan, they often eat more fruit and vegetables, and enjoy meals higher in fibre and lower in saturated fat. Our website will help you to learn more about how to make plant-based nutrition work for you. Vegan Eatwell Guide. How does your diet compare to the Vegan Eatwell Guide? It has been designed to give you an idea of how to balance the main food groups and make good use of fortified foods and supplementation, including sustainability tips. You will notice that there is little mention of What to Expect on a Raw Vegan Diet and Some Tips for Following the Approach Responsibly. One of the biggest practical challenges you'll run into on the raw vegan diet is keeping your meals exciting (though Instagram serves up plenty of raw food inspiration!). Eating out can also be a challenge. Yule doesn't typically recommend the raw vegan diet because it is so restrictive.