

Whole Foods, Plant-Based Diet Resources

Motivated to make a lifestyle change but don't know where to start? We have compiled some great resources to help you learn why and how to start changing your diet to improve your vascular and overall health.

Websites:

<https://nutritionfacts.org/>

Non-profit website with Dr. Michael Greger. Has thousands of videos reviewing the current research about specific health conditions and specific foods.

Introduces Dr. Greger's "Daily Dozen," 12 things to focus on every day to improve your health. He has videos, longer webinars, articles, a blog, books, an app, and a podcast, all of which are free (without ads) and incredibly informative. Start with his introduction videos and Daily Dozen video.

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

Watch the popular documentary outlining the process of changing to a plant-based diet and the health outcomes that each person interviewed experienced. Overview of Dr. Caldwell Esselstyn's and T. Colin Campbell's research. The website also has delicious healthy recipes for every meal or occasion.

<https://eatfresh.org/>

Nutrition education and recipes. Has a mini course for how to choose healthier options, save money on groceries, and cook easy meals. Huge recipe database.

Apps:

Dr. Greger's Daily Dozen (created by NutritionFacts.org)

Forks Over Knives Recipe App (created by ForksOverKnives.com)

Books:

Check your local library for free access!

How Not to Die by Michael Greger

Prevent and Reverse Heart Disease by Caldwell Esselstyn

The China Study by T. Colin Campbell and Thomas M Campbell II

Podcasts:

If you are interested in a deep dive, listen to experts share their knowledge on these podcasts:

Exam Room by the Physicians' Committee for Responsible Medicine—host interviews a different doctor every episode on a variety of health topics and how nutrition relates to the topic.

Plant Proof by Simon Hill—Physiotherapist and nutritionist from Australia discusses nutrition topics

Nutrition Facts podcast—Dr. Michael Greger presents a variety of nutrition related health topics

Documentaries:

Forks over Knives—available for free with ads on the website and on several streaming sites for purchase or with subscription

The Game Changers—available on Netflix or on several other streaming platforms for purchase

There are many, many, many other excellent resources out there as well. We hope this gets you started and motivates you to take steps towards a healthier life!