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

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


Vegan Books Free of the Top Eight Allergens

Veg-related Resources
Travel: Restaurants  [www.happycow.net](http://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](http://www.healthpromoting.com)

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

References
General
Institute of Medicine, Food and Nutrition Board. *Dietary Reference Intakes*. Online at
Iron and Zinc


Gibson RS, Perlas L, Hotz C. Improving the bioavailability of nutrients in plant foods at the household level. Proc Nutr Soc. 2005 May;65(2):160-8


Hunt, J. Bioavailability of iron, zinc, and other trace minerals from vegetarian diets. Am J Clin Nutr 2003;78(suppl):633S–9S.


Calcium


Vitamin B12


Institute of Medicine. Total homocysteine in plasma or serum: methods and clinical applications. Dietary reference intakes for thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, pantothenic acid, biotin and choline. National Academy Press Washington, DC.

Plant based Diets, Disease, and Health (General)

Hu FB. Am J Clin Nutr. 2003 Sep;78(3 Suppl):544S-551S.
Matthews et al. Nutrition Journal 2011, 10:71

BMI
Newby PK. Am J Clin Nutr. May 2009 vol. 89 no. 5 1572S-1587S

Cardiovascular Disease
Esselstyn CB. Prev Cardiol 2001; 4: 171-177
Salas-Salvado Nutrition, Metabolism & Cardiovascular Diseases (2011) 21, B32eB48

Cancer

Rheumatoid Arthritis and Fibromyalgia
Fibromyalgia and Reumatoid Arthritis

Diabetes
Effective Treatment of Type 2 Diabetes with Vegan Diets. CDA Conference, Toronto, October 2011 Complete reference


list at www.nutrispeak.com/diabetes.htm


**Diabetes Resources**

Barnard N. *Dr Neal Barnard’s Program for Reversing Diabetes: the scientifically proven system for reversing diabetes without drugs.* Rodale Press. 2007

Cousens, G. *Simply Raw: Reversing Diabetes in 30 Days.* (DVD) Tree of Life, Arizona


*Patricia Hererra’s Diabetes Experience* (Youtube)  [http://www.youtube.com/watch?v=c0WX0p0z_d90](http://www.youtube.com/watch?v=c0WX0p0z_d90)

