# Whole-Food Plant-Based Nutrition Resources

Use the following chart as a guide for healthy, plant-based food choices:

<table>
<thead>
<tr>
<th>Eat Freely</th>
<th>Eat Sparingly</th>
<th>Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>▪ Starchy vegetables - soak potatoes</td>
<td>▪ High-fat plant foods</td>
<td>▪ Meat</td>
</tr>
<tr>
<td>▪ Non-starchy vegetables</td>
<td>▪ Nuts and seeds</td>
<td>▪ Dairy</td>
</tr>
<tr>
<td>▪ Green leafy vegetables</td>
<td>▪ Avocados and olives</td>
<td>▪ Eggs</td>
</tr>
<tr>
<td>▪ Beans, lentils, and peas</td>
<td>▪ Whole grain flour</td>
<td>▪ Oil</td>
</tr>
<tr>
<td>▪ Whole grains</td>
<td>▪ Pastas and pasta alternatives</td>
<td>▪ Refined flours</td>
</tr>
<tr>
<td>▪ Whole fruits</td>
<td>▪ Sprouted bread</td>
<td>▪ Refined sugar</td>
</tr>
<tr>
<td>▪ Herbs and spices</td>
<td>▪ Dried fruits</td>
<td>▪ Salt</td>
</tr>
<tr>
<td></td>
<td></td>
<td>▪ Highly-processed foods</td>
</tr>
</tbody>
</table>

## Movies, Websites, and Podcasts

### Movies
- Forks Over Knives
- Game Changers
- What the Health

### Websites
- [www.Nutritionfacts.org](http://www.nutritionfacts.org)
- [www.Forksoverknives.com](http://www.forksoverknives.com)
- [www.NutritionStudies.org](http://www.nutritionstudies.org)

### Podcasts
- Rich Roll
- Plant Proof
- Plant Strong
- Health Doc VIP
- Healthy Human Revolution
Recipes

Website/App
- Forks Over Knives website and app
- Plant Based Life website: https://pblife.org

Cookbook
- How Not to Diet
- How Not to Die
- Prevent and Reverse Heart Disease

Plant Based Coaching And Cooking Classes
- MasteringDiabetes.org
- https://theplantfedgut.com/
- https://esteemdynamics.org/
- https://www.nutmegnotebook.com/
- https://www.meetup.com/sacvegansociety-org/
- www.VeganMedicalDoctor.com/goodbye-lupus.html

Books
- Master Diabetes, Cyrus Khambatta and Robby Barbaro
- How Not to Diet, Michael Greger
- Fiber Fueled (recipes included), Will Bulsiewicz, MD
- UnDo It! (recipes included), Dean Ornish and Anne Ornish
- The China Study (Plant based diet and relationship to Cancer), T. Colin Campbell and Thomas M. Campbell
- Prevent and Reverse Heart Disease with recipes, Caldwell B. Esselstyn, Jr
- The Secrets to Ultimate Weight Loss with recipes, Chef AJ and Glen Merzer
- How Not to Die, Michael Greger, MD and Gene Stone
- Plant-Fed Kidneys - The Diet to Slow Chronic Kidney Disease, Jennifer Moore