

***THIS DOCUMENT CONTAINS A SAMPLE OF FURTHER RESOURCES THAT SOME OF OUR MEMBERS HAVE FOUND USEFUL, COLLATED FOR YOU TO REVIEW AND CRITICALLY APPRAISE***

## **FREE 21-DAY VEGAN KICKSTART**

- <https://kickstart.pcrm.org/en> FREE 21-Day Vegan Kickstart program from the trusted Physicians' Committee for Responsible Medicine. This free-of-charge program offers support in preparing healthy, simple and affordable whole-food, plant-based meals. It avoids junk foods that are plant-based.

## **RELIABLE WEBSITES**

- **Position statement: 'Health, Sustainable Diet, and Agriculture'. Doctors for the Environment Australia.**

<https://www.dea.org.au/wp-content/uploads/2021/01/Health-Sustainable-Diet-and-Agriculture-Position-Statement-03-18.pdf>

DEA's aim - as a non-profit and independent doctors' organisation - is to achieve a food system that nourishes humans whilst doing minimal damage to the environment. Four clear priorities emerge:

1. The development of food production strategies that minimise negative impacts to environmental and human health, and maximise the diversity and nutritional value of food.
2. An overall decrease in the amount of meat that is produced and consumed.
3. A decrease in the amount of highly processed food that is produced and consumed.
4. A reduction in food waste.

- <https://nutritionfacts.org/> - Free access to hundreds of evidence-based YouTube videos covering most aspects of nutrition and health. Dr Michael Greger MD, a physician who also wrote the books: 'How Not to Die' and 'How Not to Diet'.

- **[Eating patterns for health and environmental sustainability.](https://www.bda.uk.com/uploads/assets/539e2268-7991-4d24-b9ee867c1b2808fc/421de049-2c41-4d85-934f0a2f6362cc4a/one%20blue%20dot%20reference%20guide.pdf)**

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This 91-page resource produced by the British Dieticians Association is easy to understand and contains very informative graphs. The guide explains how both our health and greenhouse gas emissions are influenced by our eating habits.

- <https://www.doctorsfornutrition.org> As sister Doctors' organisation here in Australia. DFN promotes a healthy lifestyle through Whole-Food, Plant-Based eating. A useful and informative webpage.
- <https://www.masteringdiabetes.org> Cyrus Khambatta, PhD and Robby Barbaro, MPH on how to dramatically improve your health using the power of your plate. They support you in reversing Insulin Resistance Permanently in Type 1, Type 1.5, Type 2, Prediabetes, and Gestational Diabetes.
- <http://plantbasedresearch.org> another high-quality webpage by American doctors. An online narrative review of peer-reviewed, scientific research papers and educational resources that are relevant to plant-based nutrition.
- [https://dea.org.au/wp-content/uploads/2020/12/DEA11231-Food-Agriculture-Fact-Sheet web-final.pdf](https://dea.org.au/wp-content/uploads/2020/12/DEA11231-Food-Agriculture-Fact-Sheet-web-final.pdf) A 3-page food and agriculture fact sheet from Doctors for the Environment Australia (DEA).

## REPORTS AND ARTICLES

- **Healthy Diets from Sustainable Food Systems. EAT Lancet Commission.**

[https://eatforum.org/content/uploads/2019/01/EAT-Lancet\\_Commission\\_Summary\\_Report.pdf](https://eatforum.org/content/uploads/2019/01/EAT-Lancet_Commission_Summary_Report.pdf)

The Lancet EAT Commission has produced a comprehensive 32-page report about animal agriculture, environmental damage, health, and diet. Today, agriculture occupies nearly 40% of global land, making agroecosystems the largest terrestrial ecosystems on the planet. Food production is responsible for up to 30% of global greenhouse gas emissions and 70% of freshwater use. Food is the single strongest lever to optimize human health and environmental sustainability on Earth. A diet rich in plant-based foods and with fewer animal source foods confers both improved health and environmental benefits. This diet includes a more than doubling in the consumption of healthy foods such as fruits, vegetables, legumes and nuts, and a greater than 50% reduction in global consumption of less healthy foods such as added sugars and red meat.

- **Eating patterns for health and environmental sustainability: A Reference Guide for Dietitians**

Produced by the Association of UK Dietitians to help achieve healthy and sustainable eating.

- **<https://theconversation.com/five-ways-the-meat-on-your-plate-is-killing-the-planet-76128>**

An article about the environmental impact of meat.

- **<https://www.theguardian.com/environment/2020/jun/19/why-you-should-go-animal-free-arguments-in-favour-of-meat-eating-debunked-plant-based?>**

Details the health and environmental risks of producing and eating meat and discusses 18 common myths.

- <https://www.plantbasednews.org> An interesting website with daily updates, including recipes and news about people from all walks of life (including celebrities and athletes) who adopt plant-based diets.

# DOCUMENTARIES

- **The Game Changers.** The Game Changers is a 2018 documentary film about the benefits of plant-based eating for athletes. It covers multiple success stories of plant-based athletes, references scientific studies, and touches on other arguments for plant-based diets that extend to non-athletes. The Game Changers is downloadable for free and available on Netflix.
- **Forks Over Knives.** Forks Over Knives is a 2011 American advocacy film and documentary that promotes a low-fat, whole-food, vegan diet as a way to avoid or reverse several chronic diseases. The film recommends avoiding overly refined and processed foods, including refined sugars, bleached flours, and oils, and instead focusing on whole grains, legumes, tubers, vegetables, and fruits.
- **FOOD, INC.** How much do we really know about the food we buy at our local supermarkets and serve to our families? In FOOD, INC., Robert Kenner looks into the food industry, exposing the highly mechanised underbelly that's been hidden from the consumer with the consent of the government. The documentary reveals surprising - and often shocking truths - about what we eat and how it's produced, what the cost to our health is, and how this wave of change is sweeping across the global food industry. Michael Pollan stated the overall important conclusion of this documentary: "Eat food, not too much, mainly plants".
- **What The Health.** What the Health is a 2017 documentary which critiques the health impact of meat, eggs and dairy products, and questions the practices of the leading health and pharmaceutical organizations. Its primary purpose is to advocate for a plant-based diet. Available on Netflix.

## BOOKS

- **How Not to Die** by Dr Michael Greger, MD.

This must-read book presents the scientific evidence behind the only diet that can prevent and reverse many of the causes of premature death and disability. Each chapter focuses on a chronic disease and demonstrates how a Whole-Food, Plant-Based diet can improve its outcome.

- **How Not to Diet** by Dr Michael Greger, MD.

Rooted in the latest nutrition science, Dr Greger's second book looks at methods of combating obesity. He discusses how to effectively achieve healthy, sustainable weight loss with a plant-based diet.

- **Mastering Diabetes** by Cyrus Khambatta and Robby Barbaro.

Current medical wisdom advises that anyone suffering from diabetes or pre-diabetes should eat a low-carbohydrate, high-fat diet. The more effective solution is to eat a low-fat, plant-based and predominantly whole-food diet, the recommended way to reverse insulin resistance in all types of diabetes: type 1, type 1.5, type 2, prediabetes, and gestational diabetes. Moreover, this diet will decrease the long-term risk for chronic diseases like cancer, high blood pressure, high cholesterol, chronic kidney disease, and fatty liver disease.

- **We are the Weather** by Jonathan Safran Foer.

*We are the Weather* details the impact animal agriculture has had on our environment. The task of saving the planet will involve a great reckoning with ourselves and with our all-too-human reluctance to sacrifice immediate comfort for the sake of the future. We have, Jonathan reveals, turned our planet into a farm for growing animal products, and the consequences are catastrophic. Only collective action will save our home and way of life. And it all starts with what we eat - and don't eat- for breakfast.

- **UnDo it!** by Dean Ornish, M.D. and Annie Ornish.  
Fight cancer, diabetes, heart disease, weight gain, and even the aging process itself with one simple, scientifically proven plan to actually reverse disease - as well as prevent and reduce symptoms - from the pioneer of lifestyle medicine, Dr Dean Ornish. Eat a whole foods diet low in fat and refined carbohydrates; practice de-stressing techniques like yoga and meditation; get moderate exercise; and make time for love and intimacy.
- **The Alzheimer's Solution** by Dr Dean Sherzai and Dr Ayasha Sherzai.  
Dementia afflicts many, and that number is set to rise. Two US-based neurologists present an effective lifestyle programme (including a plant-rich diet) for preventing the effects of early cognitive decline.
- **The Blue Zones Solution: The Secrets of a Long Life** by Dan Buettner. In five regions - Okinawa (Japan); Sardinia (Italy); Nicoya (Costa Rica); Icaria (Greece); and among the Seventh-day Adventists in Loma Linda, California - longevity is more common than anywhere else in the world. This books explores the lifestyle factors that these so-called 'blue zones' have in common.
- **The China Study** by T. Colin Campbell. This cross-sectional study (where a population is studied at one point in time) discusses why people in rural China live longer and have fewer diseases of wellness compared to Americans. Dr Campbell also talks about animal experiments wherein cancer could be switched on and of when the dose of certain foods was varied.

## YOUTUBE VIDEOS AND CHANNELS

- <https://www.youtube.com/watch?v=3lrJYTsKdUM>  
In under 5 minutes, this video explains the detriments that beef has on our planet.
- <https://www.youtube.com/watch?v=nUnJQWO4YJY>  
The diet that helps fight climate change.
- <https://www.youtube.com/channel/UCGJq0eQZoFSwgcqgxlE9MHw>  
'Mic The Vegan' is a vegan science writer that covers a variety of topics from the health effects of a vegan diet and the environmental impact of eating animals. Mic has created a variety of short and interesting videos. He calls a spade a spade in a light-hearted way.

*DEA has no financial involvement in the online recipes, books, documentaries, or other listed materials, though some authors have links to DEA. Alternatives to these resources exist, though DEA does not have capacity to review them.*