“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
Iron and Zinc


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


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

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


**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=c0WXP0z_d90


But vegetarian diets vary in what foods they include and exclude: Lacto-vegetarian diets exclude meat, fish, poultry and eggs, as well as foods that contain them. Dairy products, such as milk, cheese, yogurt and butter, are included. Ovo-vegetarian diets exclude meat, poultry, seafood and dairy products, but allow eggs. Lacto-ovo vegetarian diets exclude meat, fish and poultry, but allow dairy products and eggs. Pescatarian diets exclude meat and poultry, dairy, and eggs, but allow fish. Vegan diets exclude meat, poultry, fish, eggs and dairy products and foods that contain these products. Position of the Academy of Nutrition and Dietetics: Vegetarian diets. Journal of the American Dietetic Association. 2016;116:1970. While the "regular" vegan diet can be healthy, the raw vegan diet can be dangerous, as explained by five falsehoods of the raw philosophy. On the road to good health, there are many forks. Some paths, such as vegetarianism or the Mediterranean diet, have considerable science supporting them. Others, such as the vegan or plant-based diet, which shuns all animal products including eggs and dairy, are winning converts. And then there's a new offshoot, the raw vegan diet, which deems cooking to be unnatural and unhealthy. An increasing number of celebrities—most recently, tennis sensation Venus Williams—swear by this diet as the best way to prevent and reverse diseases and to stay young and vital. The raw vegan diet a combination of veganism and raw foodism has recently regained popularity. This article reviews the raw vegan diet, including its benefits and risks. Raw vegan diets are high in both soluble and insoluble fibers. Insoluble fibers add bulk to your stools and help food move more quickly through your gut, reducing the likelihood of constipation. Soluble fiber is also beneficial, as it helps feed the good bacteria in your intestines. In turn, these healthy bacteria produce nutrients, such as short-chain fats, which help reduce inflammation in your gut. The following sample menu can give you an idea of what a few days on a raw vegan diet might look like. Day 1. Breakfast: Tropical green spirulina smoothie.