



## **Vegetarian Nutrition Resource List**

### **April 2008**

This publication is a compilation of resources on vegetarian nutrition. The resources are in a variety of information formats: articles, pamphlets, books and full-text materials on the World Wide Web. Resources chosen provide information on many aspects of vegetarian nutrition.

Materials included in this list may also be available to borrow from the National Agricultural Library (NAL). Lending and copy service information is provided at the end of this document. If you are not eligible for direct borrowing privileges, check with your local library on how to borrow through interlibrary loan. Materials cannot be purchased from NAL. Contact information is provided if you wish to purchase any materials on this list.

This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at [http://www.nal.usda.gov/fnic/resource\\_lists.shtml](http://www.nal.usda.gov/fnic/resource_lists.shtml).

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## A. General Information on Vegetarian Nutrition

### 1. Articles and Pamphlets

#### **Vegetarian Nutrition Dietetic Practice Group Newsletter**

**Full Text:** <http://www.andrews.edu/NUFS/vndpg.html>

**Description:** 18 articles from the Vegetarian Nutrition DPG Newsletter on many aspects of vegetarianism including articles on various diseases, education and essential nutrients.

**Ordering Information:**

Vegetarian Nutrition DPG  
c/o American Dietetic Association Practice Team  
216 W. Jackson Blvd.  
Chicago, IL 60606  
Phone: 800-877-1600 ext. 4815  
E-mail: [practice@eatright.org](mailto:practice@eatright.org)

#### **Eating Well the Vegetarian Way**

American Dietetic Association

**Full Text:** [http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/shop\\_1223\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/shop_1223_ENU_HTML.htm)

**Description:** Pamphlet that describes various forms of vegetarianism and provides guidelines for planning healthful vegetarian meals that meet the needs of children and adults. Includes recommended cookbooks and readings.

**Ordering Information:**

American Dietetic Association  
216 W. Jackson Blvd.  
Chicago, IL 60606  
Phone: 800-877-1600 ext. 5000

#### **Vegetarian Nutrition**

Vegetarian Nutrition Dietetic Practice Group

Web site: <http://vegetariannutrition.net/index.php>

**Description:** Fact sheets on many aspects of vegetarianism including calcium, zinc, vitamin B<sub>12</sub>, pregnancy, infants, children, teens, athletes, fats, isoflavones, and dining out.

**Ordering Information:**

Vegetarian Nutrition DPG  
c/o American Dietetic Association Practice Team  
216 W. Jackson Blvd.  
Chicago, IL 60606  
Phone: 800-877-1600 ext. 4815



### **Making the Change to a Vegetarian Diet**

Vegetarian Nutrition Dietetic Practice Group

**Full Text:** <http://www.andrews.edu/NUFS/Change%20to%20a%20vegn%20diet.htm>

**Description:** This fact sheet provides six steps for changing from an omnivorous to a vegetarian diet. It also includes tips to ensure that the vegetarian diet is a healthful one. Also available in Spanish.

#### **Ordering Information:**

Vegetarian Nutrition DPG

c/o Carol Coughlin, RD

191 Baldwin Street

Leicester, MA 01524

Phone: 508-892-3164

### **Position of the American Dietetic Association: Vegetarian Diets**

American Dietetic Association (ADA)

**Full Text:** [http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/advocacy\\_933\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/advocacy_933_ENU_HTML.htm)

**Full Text (PDF Version):** <http://www.eatright.org/ada/files/veg.pdf>

**Description:** The American Dietetic Association's position paper on vegetarian nutrition. This technical paper includes a food guide pyramid for vegetarian meal planning and a table of food sources of key nutrients.

#### **Ordering Information:**

Single printed copies are available from:

The Vegetarian Resource Group

P.O. Box 1463

Baltimore, MD 21203

Phone: 410-366-8343 Fax: 410-366-8804

### **Veganism in a Nutshell**

The Vegetarian Resource Group

**Full Text:** <http://www.vrg.org/nutshell/vegan.htm>

**Description:** This pamphlet contains basic information on vegan nutrition and foods.

#### **Ordering Information:**

The Vegetarian Resource Group

P.O. Box 1463

Baltimore, MD 21203

Phone: 410-366-8343 Fax: 410-366-8804



## **Vegetarianism in a Nutshell**

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**Full Text:** <http://www.vrg.org/nutshell/nutshell.htm>

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The Vegetarian Resource Group

P.O. Box 1463

Baltimore, MD 21203

Phone: 410-366-8343 Fax: 410-366-8804

## **2. Books**

### **Becoming Vegan: The Complete Guide to Adopting a Healthy Plant-based Diet**

Brenda Davis, RD and Vesanto Melina., MS, RD

Summertown, TN: Book Publishing Company. 2000. 282 pp.

**ISBN:** 1570671036

**Description:** This guide to vegan diets thoroughly covers basic nutrition topics for vegans, provides a vegan food guide, addresses the needs of children and pregnant women, and discusses topics like overweight, eating disorders, and the vegan athlete.

### **Being Vegetarian for Dummies**

Suzanne Havala, MS, RD.

Cleveland, OH: IDG Books Worldwide. 2001. 336 pp.

**ISBN:** 0764563351

**Description:** This book provides an easy-to-understand look at vegetarian diets including nutrition issues, practical tips, menu planning, recipe modification, pregnancy, infants and children, teens, and athletes.

### **The Complete Guide to Vegetarian Convenience Foods**

Gail Davis

New Sage Press. 1999. 166 pp.

**ISBN:** 0-939165-35

**Description:** This book is a comprehensive collection of vegetarian food resources for food shopping.

### **The Dietitian's Guide to Vegetarian Diets: Issues and Applications, 2<sup>nd</sup> ed.**

Virginia Messina, Reed Mangels, and Mark Messina

Boston, Jones and Bartlett Publishers. 2004. 587 pp.

**ISBN** 0-7637-3241-9

**Description:** This book provides detailed information about nutrient needs and functions in the context of a vegetarian diet and is primarily intended for dietitians and other health care providers as a resource for counseling vegetarian clients.



### **The New Becoming Vegetarian: The Essential Guide to a Healthy Vegetarian Diet**

Vesanto Melina., MS, RD and Brenda Davis, RD  
Summertown, TN: Book Publishing Company. 2003. 373 pp.

**ISBN:** 1570671443

**Description:** This guide on vegetarian diets thoroughly covers basic nutrition topics, provides a vegetarian food guide, recipes, addresses the needs of children and pregnant women, and discusses topics such as essential nutrients, overweight, eating disorders, and the vegetarian athlete.

### **Simply Vegan: Quick Vegetarian Meals, 4th ed.**

Debra Wasserman; Nutrition Section by Reed Mangels, PhD, RD  
Baltimore, MD: The Vegetarian Resource Group. 2006. 224 pp.

**ISBN:** 0931411300

**Description:** This book features a nutrition section that briefly discusses key nutrients in the vegan diet. It also includes over 160 quick and easy recipes.

### **Vegan & Vegetarian FAQ: Answers to Your Frequently Asked Questions**

Daivda Gypsy Breier; Nutrition Section by Reed Mangels, PhD, RD  
Baltimore, MD: The Vegetarian Resource Group. 2001. 272 pp.

**ISBN:** 0931411246

**Description:** Hundreds of answers on everything from food ingredients to vegetarian nutrition to vegetarian cooking.

## **3. Magazines and Newsletters**

### **Vegetarian Journal**

The Vegetarian Resource Group

**Full Text:** <http://www.vrg.org/journal/> (Includes selected articles from previous issues and subscription information.)

**Description:** This quarterly magazine includes practical tips for vegetarian meal planning, articles relevant to vegetarian nutrition, recipes, and natural food product reviews.

#### **Ordering Information:**

Vegetarian Resource Group

Vegetarian Journal

PO Box 1463

Baltimore, MD 21203

Phone: 410-366-8343

**Online ordering:** <http://www.vrg.org/journal/subscribe.htm>



## **Vegetarian Times**

**Full Text:** <http://www.vegetariantimes.com/> (includes recipes and resources)

**Description:** This magazine includes staff-tested vegetarian and vegan recipes as well as cooking tips and entertaining suggestions. Also provides information about current research on health, nutrition and fitness.

### **Ordering information:**

Vegetarian Times

P.O. Box 420235

Palm Coast, FL 32142-0235

Phone: 877-717-8923 (U.S. and Canada); 386-446-6914 (International)

Online ordering: <https://secure.palmcoastd.com/pcd/document?ikey=003C7ITWO>

## **VegNews Magazine**

**Full Text:** <http://www.vegnews.com>

**Description:** This magazine provides information about a vegetarian lifestyle including travel tales, city guides, vegetarian products and practical advice.

### **Ordering information:**

Vegetarian Times

P.O. Box 320130

San Francisco, CA 94132

Phone: 415-665-6398

Online ordering: <https://swenconn.powweb.com/subscribe.html>

## **4. Web Resources**

### **Food Guides**

Nutrispeak: Vesanto Melina, RD

**Web site:** <http://www.nutrispeak.com/foodguides.htm>

**Description:** Vegan and Vegetarian Pyramids, based on the 2000 U.S. Food Guide, and the Vegan Rainbow and the Vegetarian Rainbow, based on the Canadian Food Guide.

### **Health and Nutrition**

The Vegetarian Society of the United Kingdom

**Web site:** <http://www.vegsoc.org/health/>

**Description:** This site includes a complete listing of resources and fact sheets on many aspects of vegetarian nutrition including basic nutrition, protein, fats and cholesterol, calcium, iron, vitamin B<sub>12</sub>, and zinc.



**MedlinePlus: Vegetarianism**

DHHS. NIH. National Library of Medicine.

**Web site:** <http://www.nlm.nih.gov/medlineplus/vegetariandiet.html> and <http://www.nlm.nih.gov/medlineplus/ency/article/002465.htm>

**Description:** This site includes a complete listing of information on many aspects of vegetarian nutrition including basic nutrition, special diets, organizations and related issues.

**Plant-based Diets: Fact and Fiction**

Seventh-day Adventist Dietetic Association

**Web site:** <http://www.sdada.org/plant.htm>

**Description:** Myths and realities about a vegetarian diet.

**Vegetarian Diet: A Starter's Guide to a Plant-based Diet**

Mayo Foundation for Medical Education and Research.

**Web site:** <http://www.mayoclinic.com/health/vegetarian-diet/HQ01596>

**Description:** This helpful guide explains the extra steps needed to ensure new vegetarians are meeting their daily nutritional needs.

**Vegetarian Diets**

American Heart Association

**Web site:** <http://216.185.112.5/presenter.ihtml?identifier=4777>

**Description:** Defines different types of vegetarianism and provides nutritional information related to vegetarian diets.

**Vegetarian Food Guide**

Loma Linda University

**Web site:** <http://www.llu.edu/llu/nutrition/vegguide.html>

**Description:** Vegetarian food guide pyramid and supporting information including principles of healthful vegetarian diets.

**Vegetarian Nutrition**

Food and Nutrition Information Center, USDA

**Web site:**

[http://fnic.nal.usda.gov/nal\\_display/index.php?info\\_center=4&tax\\_level=2&tax\\_subject=257&opic\\_id=1359](http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=257&opic_id=1359)

**Description:** Links to web resources on many aspects of vegetarianism.





## **Vegetarian Resource Group**

**Web site:** <http://www.vrg.org/>

**Description:** This web site contains a wealth of information on vegetarian nutrition including nutrients like iron, calcium, protein, and vitamin B<sub>12</sub> as well as reprints of nutrition-related articles from Vegetarian Journal.

## **VegRD**

Virginia Messina, MPH, RD

**Web site:** <http://vegrd.vegan.com/>

**Description:** Provides well-researched responses to questions about all aspects of vegetarian nutrition and foods, with content updated weekly.

## **Vitamin B<sub>12</sub> in the Vegan Diet**

The Vegetarian Resource Group

**Web site:** <http://www.vrg.org/nutrition/b12.htm>

**Description:** Provides information on vitamin B<sub>12</sub> sources and recommendations.

## **What Every Vegan Should Know about Vitamin B<sub>12</sub>**

The Vegan Society

**Web site:** [www.vegansociety.com/html/info/b12sheet.htm](http://www.vegansociety.com/html/info/b12sheet.htm)

**Description:** Brief statement on vitamin B<sub>12</sub> sources and recommendations for intake followed by an extensive technical review of information on vitamin B<sub>12</sub>.

## **B. Vegetarian Diets and Disease Prevention/Treatment**

### **1. Articles and Pamphlets**

#### **American Heart Association Calls for Eating Fish Twice Per Week-What's A Vegetarian To Do?**

*Vegetarian Journal*, September/October 2001: 23(4).

**Full text:** <http://www.vrg.org/journal/vj2001sep/2001sepomega3.htm>

**Description:** Article reviews nutritional aspects of omega-3 fatty acids and provides vegetarian options for obtaining these nutrients.

#### **The Challenge of Defining Optimal Fat Intake**

Virginia Messina, MPH, RD. *Vegetarian Nutrition*.

**Full text:** [http://www.vegetarian-nutrition.info/vn/optimal\\_fat\\_intake.htm](http://www.vegetarian-nutrition.info/vn/optimal_fat_intake.htm)

**Description:** This article discusses the current research surrounding the question of optimal fat intake in vegetarian diets such as those designed for heart disease management.





### **Heart Healthy Diets the Vegetarian Way**

The Vegetarian Resource Group

**Full text:** <http://www.vrg.org/nutshell/heart.htm>

**Description:** This pamphlet, available in English and Spanish, provides information on cooking, shopping, and eating out to reduce risk of heart disease. Also discusses fat and cholesterol in a vegetarian diet. Ordering information is available on the web site.

Ordering Information:

The Vegetarian Resource Group

P.O. Box 1463

Baltimore, MD 21203

Phone: 410-366-8343 Fax: 410-366-8804

### **A Low Fat Vegan Diet Improves Glycemic Control**

Neal D. Barnard, MD, Joshua Cohen, MD, David J.A. Jenkins, MD, PHD, Gabrielle Turner-McGrievy, MS, RD, Lise Gloede, RD, CDE, Brent Jaster, MD, Kim Seidl, MS, RD, Amber A. Green, RD and Stanley Talpers, MD. *Diabetes Care*, Volume 29, Number 8, August 2006.

**Full text:** <http://www.vegsources.com/articles2/DiabetesCarePDF2006.pdf>

**Description:** This article presents the results of a research study examining the effects of a low fat vegan diet on persons with diabetes.

### **Vegetarian Diets During Cancer Treatment**

Donna Paglia, MS, RD. Vegetarian Nutrition Dietetic Practice Group, *Issues in Vegetarian Dietetics*

**Full text:** [http://www.vegetarian-nutrition.info/vn/vn\\_drug\\_cancer.htm](http://www.vegetarian-nutrition.info/vn/vn_drug_cancer.htm)

**Description:** Demonstrates how vegetarian diets can be modified to be used during cancer treatments such as chemotherapy.

### **Vegetarian Diets in the Treatment of Rheumatoid Arthritis**

Kristine Duncan, MS, RD. *Issues in Vegetarian Dietetics*.

**Full text:** [http://www.vegetarian-nutrition.info/vn/vegetarian\\_rheumatoid\\_arthritis.htm](http://www.vegetarian-nutrition.info/vn/vegetarian_rheumatoid_arthritis.htm)

**Description:** Review of research on vegetarian diets in treatment of rheumatoid arthritis.

### **Weight Control the Vegan Way**

Vegetarian Resource Group

**Full text:** <http://www.vrg.org/journal/vj2006issue1/vj2006issue1weight.htm>

**Description:** This article provides information for those who would like to lose weight by following a vegan diet. The authors provide information about appropriate foods in each food group, a sample menu and recipes.



## 2. Books

### **Delicious Food for a Healthy Heart**

Joanne Stepaniak

Summertown, TN: Book Publishing Company. 1999. 172 pp.

**ISBN:** 978-1570670770

**Description:** This book includes more than 120 low-fat recipes and features sections on the connection between a vegetarian diet and heart disease risk, recommendations for reducing risk of heart disease, and a variety of cooking tips. It also provides 14 days of menus and an explanation of less common ingredients.

### **Eat to Live: The Revolutionary Formula for Fast and Sustained Weight Loss**

Joel Fuhrman, M.D.

New York: Little, Brown and Company. 2005. 304 pp.

**ISBN:** 978-0316735506

**Description:** Dr. Fuhrman outlines his vegetarian diet based on nutrient dense foods that results in weight loss and maintenance.

### **Everyday Cooking with Dr. Dean Ornish: 150 Easy, Low-Fat, High Flavor Recipes**

Dean Ornish, MD

New York, NY: HarperCollins. 1997. 368 pp.

**ISBN:** 978-0060928117

**Description:** Cardiac researcher Dean Ornish, MD presents 150 low-fat, low-cholesterol vegetarian recipes.

### **Prevent and Reverse Heart Disease**

Caldwell B. Esselstyn Jr., M.D.

New York: Avery Publishing Group 2007 320 pp.

**ISBN:** 978-1583332726

**Description:** In this book, Dr. Esselstyn reports on the results of the low fat vegetarian diet he has prescribed for his patients for the last 20 years and the results they have achieved in diminishment of heart disease. The book discusses the science behind the diet and includes 150 recipes.

### **Vegetarian Homestyle Cooking: a Guide to Heart-Healthy Lowfat Eating**

Jeanne Tiberio, MS, RD

Mankato, MN: Appletree Press Inc. 1998. 256pp.

**ISBN:** 978-1891011009

**Description:** This book provides information about the hows and whys of vegetarian diets and the connection to heart health. It includes recipes, two weeks of sample menus, nutritional analysis for recipes, and an appendix that provides additional practical information.



### 3. Web Resources

#### The Cancer Project

**Web site:** <http://www.cancerproject.org/>

**Description:** This site discusses the benefits of a vegetarian diet in relation to cancer prevention and treatment.

#### Vegetarian Diets

American Heart Association

**Web site:** <http://www.americanheart.org/presenter.jhtml?identifier=4777>

**Description:** Fact sheet and information on vegetarian diets. Web site contains chart listing important nutrients to consider in a vegetarian diet.

#### Vegetarian and Vegan Diets

British Nutrition Foundation

**Web site:**

<http://www.nutrition.org.uk/home.asp?siteId=43&sectionId=651&subSectionId=321&parentSection=299&which=1#1396>

**Description:** Information on vegetarian and vegan diets. Web site contains information on implications of diet and health, nutrition for vegetarians and fact sheets.

**Fact Sheets:** Vegetarian and Vegan Diets:

[http://www.nutrition.org.uk/upload/Vegetarian%20and%20Vegan%20Diets\(1\).pdf](http://www.nutrition.org.uk/upload/Vegetarian%20and%20Vegan%20Diets(1).pdf)

#### Vegetarian Resource Group

**Web site:** <http://www.vrg.org/nutrition/>

**Description:** Information on vegetarian diets in diabetes and on heart healthy vegetarian diets as well as reprints of health-related articles from Vegetarian Journal.

#### Vegetarian Society of the United Kingdom

**Web site:** <http://www.vegsoc.org/health/>

**Description:** Information on various health conditions including allergy, celiac disease, cancer, diabetes, diverticular disease, gall stones, heart disease, hypertension, kidney disease, obesity, osteoporosis, and rheumatoid arthritis and the vegetarian diet.



## C. Vegetarian Diets for Special Populations

### 1. Vegetarianism During the Lifecycle

#### a. Resources for Pregnancy and Lactation

##### **Pregnancy Information Sheet**

Vegetarian Society of the United Kingdom

**Web site:** <http://www.vegsoc.org/info/preg.html>

**Description:** Information on key nutrients, exercise, and other health issues during pregnancy.

##### **The Vegan Diet During Pregnancy and Lactation**

Reed Mangels, PhD, RD

Vegetarian Resource Group

**Full text:** <http://www.vrg.org/nutrition/veganpregnancy.htm>

**Description:** This article, originally published in the Vegetarian Journal, examines weight gain and nutrient needs in pregnancy, discusses morning sickness, provides sample meal plans, and presents recommendations for breast-feeding.

##### **Vegan Nutrition in Pregnancy and Childhood**

Reed Mangels, PhD, RD and Katie Kavanagh-Prochaska, Dietetic Intern

Vegetarian Resource Group

**Full text:** <http://www.vrg.org/nutrition/pregnancy.htm>

**Description:** Summary of considerations for the vegan diet during pregnancy, breastfeeding and childhood. Includes nutrient needs and meal planning tips. Available in electronic format only.

##### **Vegetarian Diets During Pregnancy**

Reed Mangels, PhD, RD

Vegetarian Nutrition Dietetic Practice Group, *Issues in Vegetarian Dietetics*.

**Full text:** [http://www.vegetarian-nutrition.info/vn/vegetarian\\_pregnancy.htm](http://www.vegetarian-nutrition.info/vn/vegetarian_pregnancy.htm)

**Description:** Information on weight gain and energy and nutrient needs for vegetarian pregnancy. Includes a food guide.

##### **Womb Service (Nutrition for Pregnant Vegetarians)**

Suzanne Havala, MS, RD

*Vegetarian Times*, July 01 2000.

**Full text:**

[http://www.findarticles.com/cf\\_0/m0820/2000\\_July/63124364/p1/article.jhtml?term=vegetarian](http://www.findarticles.com/cf_0/m0820/2000_July/63124364/p1/article.jhtml?term=vegetarian)

**Description:** Information on key nutrients for pregnant vegetarians.



## **b. Resources for Infants and Children**

### **Ask Brenda - Vegan Nutrition Tips**

Brenda Davis, RD. *Veg Family*

**Web site:** <http://www.vegfamily.com/askbrenda.htm>

**Description:** Questions and answers about vegan infants and children.

### **Better Than Peanut Butter and Jelly**

Marty Mattare and Wendy Muldawer

Ithaca, NY: McBooks Press. 2006. 192 pp.

**ISBN:** 978-1590131220

**Description:** This cookbook contains simple, healthy kid-tested recipes that children (and parents) will enjoy.

### **Eating Wisely: Raising a Vegetarian Child**

*New Beginnings*, Vol. 17 No. 4 July-August 2000, 1999 pp. 131-133, 151

Melanie Wilson

**Full text:** <http://www.la lecheleague.org/NB/NBJulAug00p131.html>

**Description:** Practical information on vegetarian children. Includes information on sources of specific nutrients.

### **From Animal Crackers to Wild West Beans: Easy and Fun Vegetarian Recipes for Healthy Babies and Children**

Carol Timperley

Chicago, IL: Contemporary Publishing. 1998. 144 pp.

**ISBN:** 0-8092-3022-4

**Description:** A book of recipes and food ideas for vegetarian babies and toddlers.

### **Honest Pretzels and 64 Other Amazing Recipes for Cooks Ages 8 and Up**

Mollie Katzen

Berkeley, CA: Tricycle Press. 1999. 192 pp.

**ISBN:** 1883672880

**Description:** Vegetarian recipes for children ages 8 years and older

### **Kids Can Cook: Vegetarian Recipes**

Dorothy R. Bates and Suzanne Havala

Summertown, TN: Book Publishing Company. 2000. 176 pp.

**ISBN:** 1-57067-086-2

**Description:** This cookbook features simple recipes that children can prepare. Kitchen safety tips and a brief nutrition section are also included.



**Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers and Up**

Mollie Katzen and Anne Henderson

Berkeley, CA: Tricycle Press. 1994. 95 pp.

**ISBN:** 1883672066

**Description:** Vegetarian recipes for younger children.

**Raising Vegetarian Children**

Joanne Stepaniak, MEd and Vesanto Melina, MS, RD

New York, NY: McGraw-Hill, 2003. 300 pp.

**ISBN:** 0658021559

**Description:** Provides tips for nursing moms and nutritional guidance for infancy to adolescence.

**Vegan Diets for Children**

Vegetarian Nutrition Dietetic Practice Group, *Issues in Vegetarian Dietetics*.

Carol M. Coughlin, RD

**Full text:** [http://www.vegetarian-nutrition.info/vn/vegan\\_children.htm](http://www.vegetarian-nutrition.info/vn/vegan_children.htm)

**Summary:** Nutritional considerations for vegan infants, children, and adolescents.

**The Vegetarian Child: A Complete Guide for Parents**

Lucy Moll

New York, NY: Perigee. 1997. 224 pp.

**ISBN:** 0-399-52271-9

**Description:** This book is written in question-and-answer format and addresses vegetarian pregnancy, infants, toddlers, pre-schoolers, grade-schoolers, and teens. It includes meal planning ideas and recipes.

**Vegetarian Resource Group**

**Web site:** <http://www.vrg.org/nutrition/>

**Description:** Resources on feeding vegan children, healthy fast food for pre-schoolers, school lunch, and vegan infants. Also includes food guides for infants and children.

**Vegetarian Society of the United Kingdom**

**Web site:** <http://www.vegsoc.org/youth/Parentteenager.pdf>

**Description:** Information on vegetarian infants and children including a suggested food guide.



## **Vegetarianism**

Kids' Health for Parents, The Nemours Foundation

**Web site:** [http://kidshealth.org/parent/nutrition\\_fit/nutrition/vegetarianism.html](http://kidshealth.org/parent/nutrition_fit/nutrition/vegetarianism.html)

**Description:** Pros and cons of a vegetarian diet for children, advice for specific age groups including infants and toddlers.

### **c. Resources for Adolescents**

#### **Teen Vegetarians - Facts for Parents**

University of Maine System. UMaine Cooperative Extension.

**Web site:** <http://www.umext.maine.edu/onlinepubs/PDFpubs/4054.pdf>

**Description:** Includes information for parents about vegetarian diets for teenagers.

#### **A Teen's Guide to Going Vegetarian**

Judy Krizmanic

New York, NY: Puffin. 1994. 144 pp.

**ISBN:** 0-0670-85114-0

**Description:** This is a guide to vegetarianism written for teens. It addresses important nutrients, parental concerns, and provides simple recipes and a list of resources.

#### **The Teen's Vegetarian Cookbook**

Judy Krizmanic

New York, NY: Viking Press. 1999. 192 pp.

**ISBN:** 0140385061

**Description:** Easy to prepare recipes for teenage vegetarians. Includes an ingredient glossary, and tips for college-age vegetarians.

#### **TeensHealth**

Kids' Health for Parents, The Nemours Foundation

**Web site:** [http://kidshealth.org/teen/food\\_fitness/nutrition/vegetarian.html](http://kidshealth.org/teen/food_fitness/nutrition/vegetarian.html)

**Description:** Information for parents on vegetarian diets for adolescents.

#### **Vegetables Rock! A Complete Guide for Teenage Vegetarians**

Stephanie Pierson

New York, NY: Bantam Books. 1999. 222 pp.

**ISBN:** 0-553-37924-0

**Description:** Includes nutrition information for teenage vegetarians and ideas for eating out.





### **Vegetarian Nutrition for Teenagers**

The Vegetarian Resource Group

**Full Text:** <http://www.vrg.org/nutshell/heart.htm>

**Description:** This pamphlet, available in English and Spanish, provides information on vegetarian diets for teenagers.

Ordering Information:

The Vegetarian Resource Group

P.O. Box 1463

Baltimore, MD 21203

Phone: 410-366-8343 Fax: 410-366-8804

### **Vegetarianism for Teens**

Jane Duden

Mankato, MN: Capstone Press. 2001. 64 pp.

**ISBN:** 0-7368-0712-8

**Description:** Written for pre-teens. Contains basic information on vegetarianism including a definition of vegetarianism, historical information, nutrition information, meal planning, tips for eating out, and a glossary.

### **Vegetarian Society of the United Kingdom: A Parent and Teenager Guide to Vegetarianism**

**Web site:** <http://www.vegsoc.org/youth/Parentteenager.pdf>

**Description:** Information on vegetarian children and teenagers including a suggested food guide.

### **d. Resources for Older Americans**

#### **4 Week Vegetarian Menu Set for Meals on Wheels Sites**

Vegetarian Journal's Foodservice Update, Volume V, Number 4 Autumn 1997

**Full text:** <http://www.vrg.org/fsupdate/fsu974/fsu974menu.htm>

**Description:** Four weeks worth of menus for use by the Meals on Wheels Program.

#### **Nutritional Rx for Aging: What you Need to Know About Vitamins and Minerals**

*Vegetarian Times*, February 01 1997.

Carol M. Coughlin, RD

**Full text:**

[http://www.findarticles.com/cf\\_0/m0820/n234/19068895/p1/article.jhtml?term=vegetarian](http://www.findarticles.com/cf_0/m0820/n234/19068895/p1/article.jhtml?term=vegetarian)

**Description:** Information on plant-based diet for older people including a discussion of anti-oxidants and key foods.



## **A Senior's Guide to Good Nutrition**

The Vegetarian Resource Group  
Suzanne Havala, MS, RD

**Full Text:** <http://www.vrg.org/nutrition/seniors.htm>

**Description:** Information on special nutritional needs of older people, use of supplements, common diet-related complaints, and meal preparation.

## **e. Resources for Athletes**

### **Eat Better, Perform Better: Sports Nutrition Guidelines for the Vegetarian**

The Vegetarian Resource Group  
Enette Larson, MS, RD

**Full text:** <http://www.vrg.org/nutshell/athletes.htm>

**Description:** Guidelines for pre-event meals, eating during and after competition, the role of supplements, and practical recommendations.

### **Vegetarian Diet for Exercise and Athletic Training**

Vegetarian Nutrition Dietetic Practice Group, *Issues in Vegetarian Dietetics*.

D. Enette Larson, MS, RD, LD

**Full text:** [http://www.vegetarian-nutrition.info/vn/vn\\_athletes.htm](http://www.vegetarian-nutrition.info/vn/vn_athletes.htm)

**Description:** This article is geared toward health professionals who are advising vegetarian athletes. It covers nutritional needs for macro and micronutrients.

### **Vegetarian Sports Nutrition**

D. Enette Larson-Meyer, PhD, RD  
Champaign, IL: Human Kinetics. 2007. 264 pp.

**ISBN:** 978-0-7360-6361-7

**Description:** This book addresses aspects of diet specific to the vegetarian athlete. Includes sections on meal planning, foods for before, during and after athletic events, and managing specific nutrient needs.

## **D. Vegetarian Cooking and Foods**

### **1. Books**

#### **The Artful Vegan: Fresh Flavors from the Millennium Restaurant**

Erick Tucker with Bruce Enloe and Desserts by Amy Pearce  
Berkeley, CA: Ten Speed Press. 2003. 232 pp.

**ISBN:** 978-1580082075

**Description:** 130 recipes from a diversity of culinary styles and cuisines from around the world including, Japan, Italy, Iran, Ghana, or American South. Recipes include nutrient analysis.



**Café Flora Cookbook**

Catherine Geier

The Berkley Publishing Group. 2005. 257 pp.

**ISBN:** 1-55788-471-4

**Description:** This cookbook contains over 250 vegetarian and vegan recipes from the Seattle Restaurant.

**Entertaining for a Veggie Planet: 250 Down-to-Earth Recipes**

Didi Emmons

New York: Houghton Mifflin. 2003. 480 pp.

**ISBN:** 978-0618104512

**Description:** This guide to vegetarian entertaining includes recipes appropriate for casual and elegant dinners. Suggested menus for guidance in planning a complete vegetarian feast.

**Fresh From the Vegetarian Slow Cooker**

Robin Robertson

Boston, MA: Harvard Common Press. 2004. 276 pp.

**ISBN:** 978-1558322561

**Description:** 200 recipes for one-pot meals that can be cooked in a slow cooker. Includes information about slow cookers and tips for slow cooking success.

**Great Vegetarian Cooking Under Pressure: Two-Hour Taste in Ten Minutes**

Lorna J. Sass

New York: William Morrow and Co. 1994. 272 pps.

**ISBN:** 978-0688123260

**Description:** This cookbook contains over 150 vegetarian recipes for the pressure cooker. Includes information on the new generation of pressure cookers as well as handy reference charts for cooking times and water ratios for beans and grains.

**The Greek Vegetarian**

Diane Kochilas

New York: St. Martin's Griffin. 1999. 208 pps.

**ISBN:** 978-0312200763

**Description:** Over 100 traditional Greek recipes adapted for today's leaner, more modern tastes. Includes a discussion of Greek food items such as olives, cheeses and herb seasonings.



### **How to Cook Everything Vegetarian: Simple Meatless Recipes for Great Food**

Mark Bittman

**ISBN:** 0764524836

New Jersey: Wiley. 2007. 1008 pps.

**Description:** How to Cook Everything provides information on how to cook meatless meals for all occasions using fresh ingredients, basic kitchen equipment and simple techniques.

### **Joy of Cooking. All About Vegetarian Cooking**

Irma S. Rombauer, Marion Rombauer Becker, Ethan Becker

New York, NY: Scribner. 2000. 128 pp.

**ISBN:** 978-0743202091

**Description:** Cookbook includes more than 100 recipes as well as photographs and text to describe cooking techniques. Also includes information on menu planning and suggestions for purchasing and storing food.

### **Madhur Jaffrey's World Vegetarian: More Than 650 Meatless Recipes from Around the World**

Madhur Jaffrey

New York: Crown Potter. 2002. 768 pp.

**ISBN:** 978-0609809235

**Description:** Vegetarian recipes from around the world with an emphasis on Near Eastern cuisine.

### **The Modern Vegetarian Kitchen**

Peter Berley

New York: Regan Books. 2004. 464 pp.

**ISBN:** 978-0060989118

**Description:** This cookbook covers all aspects of vegetarian cooking, with information on kitchen and pantry essentials. The author emphasizes seasonal ingredients and wholesome foods.

### **The New Enchanted Broccoli Forest**

Mollie Katzen

Ten Speed Press. 2003. 303 pp.

**ISBN:** 1-58008-126-6

**Description:** Over 200 vegetarian recipes include soups, salads, breads, dips, sauces, spreads, main dishes and desserts.



**The New Moosewood Cookbook**

Berkeley, California: Ten Speed Press. 2000. 256 pp.

**ISBN :** 978-1580081306

**Description:** This classic cookbook includes vegetarian recipes that include homestyle favorites that are easy to prepare.

**OK, So Now You're a Vegetarian**

Lauren Butts

New York: Broadway Books. 2000. 244 pp.

**ISBN:** 978-0767905275

**Description:** This cookbook of 100 recipes was written for vegetarian teens by a vegetarian teen. Recipes include vegetarian versions of teen favorites: burgers, wraps, tacos, and more. Includes nutritional information for planning a healthy vegetarian diet written by a registered dietitian. Recipes include nutritional analysis.

**The Real Food Daily Cookbook.**

Ann Gentry

Berkeley, California: Ten Speed Press. 2005. 232 pp.

**ISBN:** 978-1580086189

**Description:** The Real Food Daily restaurant menu in Los Angeles is a unique blend of California cuisine and comfort food. This book includes 150 of the restaurant's most popular dishes, such as Yin Yan Salad with Peanut-Sesame Dressing, Tofu Quiche with Leeks and Asparagus, Lentil-Walnut Pate, and Coconut Cream Pie with Chocolate Sauce.

**Veganomicon: The Ultimate Vegan Cookbook**

Isa Chandra Moskowitz and Terry Hope Romero

Marlowe & Company. 2007. 336 pp.

**ISBN:** 156924264X

**Description:** Presents 250 recipes featuring simple cooking techniques and using a variety of fruits and vegetables. The book provides sample menus and interesting recipes including Chili Chocolate Mole, Southwestern Corn Pudding, Jicama-Watercress-Avocado Salad with Spicy Citrus Vinaigrette, Rustic White Beans and Mushrooms, Lentils and Rice with Caramelized Onions and Spiced Pita Crisps. There are also recipes for vegan breakfasts and desserts.

**Vegetables, Recipes and Techniques from The World's Premier Culinary College.**

The Culinary Institute of America

Lebhar-Friedman Books. 2007. 293 pp.

**ISBN:**0-86730-918-0

**Description:** In Vegetables, The Culinary Institute of America gathers together information about what to look for at the market, how to store vegetables once you are home, and techniques for preparing vegetables. The book provides extensive lists, tables and charts to



help you choose the best quality, master basic techniques and provides over 170 recipes to make the most of vegetables.

### **Vegan Meals for One or Two**

Nancy Berkoff, RD

Baltimore, MD: The Vegetarian Resource Group. 2001. 216 pp.

**ISBN:** 978-0931411236

**Description:** Recipes designed to serve one or two people. Includes a brief nutrition section, shopping tips, food safety advice, a food guide, and sample menus. Nutrient analysis included.

### **Vegetarian Cooking for Dummies**

Suzanne Havala, MS, RD

New York, NY: Hungry Minds, Inc. 2001. 336 pp.

**ISBN:** 978-0764553509

**Description:** A thorough reference on vegetarian cooking. Includes information on ingredients, equipment, adapting recipes, and basic cooking techniques. Also includes more than 100 recipes with nutritional analyses.

### **Vegetarian Cooking for Everyone**

Deborah Madison

New York, NY: Broadway Books. 2007. 752 pp.

**ISBN:** 0-7679-2747-8

**Description:** This book features comprehensive information about ingredients and techniques as well as more than 800 recipes. Winner of both the Julia Child and James Beard cookbook awards.

### **The Vegetarian 5-Ingredient Gourmet**

Nava Atlas

New York, NY: Broadway Books. 2001. 262 pp.

**ISBN:** 978-0767906906

**Description:** More than 250 recipes using five ingredients or less. This book includes many suggestions for kitchen shortcuts and provides ideas for menu planning. Nutrient analysis included.

### **The Vegetarian Family Cookbook**

Nava Atlas

New York, NY: Broadway Books. 2004. 368 pp.

**ISBN:** 978-0767913966

**Description:** Vegetarian recipes geared toward family meals with suggestions for substitutions and additions to satisfy child and adult tastes. Includes menu suggestions for preparing well rounded meals.



### **The Vegetarian Gourmet's Easy International Recipes**

Bobbie Hinman

Chicago, IL: Surrey Books. 2001. 488 pp.

**ISBN:** 978-1572840423

**Description:** This book includes more than 350 recipes from South and Central America, Eastern Europe, Italy, the Middle East, and the Far East. Recipes use easy-to-find ingredients and have been adapted for convenience in many cases. A nutrient analysis is included for each recipe.

### **Vegetarian Meals For People On-The-Go: 101 Quick & Easy Recipes**

Vimala Rodgers

Carlsbad, CA: Hay House 2002. 488 pp.

**ISBN:** 1-56170-843-7

**Description:** This book contain recipes for busy people who have little time to spend in the kitchen, these recipes are versatile, quick and easy to prepare.

### **Vegetarian Times: Complete Cookbook**

The Editors of Vegetarian Times

New York: Wiley. 2005. 496 pp.

**ISBN :** 978-0764559594

**Description:** Over 600 meatless dishes, information on vegetarian diet and cooking techniques including a glossary of vegetarian ingredients.

### **Vegetarian Times: Vegetarian Entertaining**

The Editors of Vegetarian Times

New York, NY: MacMillan: A Simon & Schuster Macmillan Company. 1996. 194 pp.

**ISBN :** 0-02-861324-4

**Description:** Menus from around the world for all occasions. A nutrient analysis is included for each recipe.

## **2. Web Resources**

### **Fabulous Facts and Flavorful Foods**

Loma Linda University

**Web site:** <http://www.llu.edu/llu/nutrition/fabfacts.html>

**Description:** Vegetarian shopping list, shopping tips, substitutions, and recipes.





### **In a Vegetarian Kitchen with Nava Atlas**

**Web site:** <http://www.vegkitchen.com/>

**Description:** Easy-to-follow vegetarian recipes and useful cooking tips.

### **Recipes Around the World**

International Vegetarian Union (IVU)

**Web site:** <http://www.ivu.org/recipes/>

**Description:** Close to 1,800 vegan recipes in a searchable database.

### **The Road to Vegetarianism**

Vegetarians in Paradise

**Web Site:** <http://www.vegparadise.com/>

**Description:** Provides information on many alternative foods for vegetarians including meat, dairy, and egg alternatives.

### **Vegetarian Glossary**

Vegetarian Times

**Web site:** [http://findarticles.com/p/articles/mi\\_m0820/is\\_2001\\_July/ai\\_75657425](http://findarticles.com/p/articles/mi_m0820/is_2001_July/ai_75657425)

**Description:** Definitions for many foods commonly eaten by vegetarians.

### **Vegetarian Recipes**

Allrecipes.com

**Web site:** <http://allrecipes.com/Recipes/Vegetarian/Main.aspx>

**Description:** Hundreds of vegetarian recipes, sorted by category with nutritional information provided. Also includes frequently asked questions about vegetarian cooking and an ingredient glossary.

### **Vegetarian Times**

**Web site:** <http://www.vegetariantimes.com/>

**Description:** Hundreds of vegetarian recipes in a searchable database. Includes nutritional information.

## **E. Resource Centers**

### **Vegetarian Nutrition Dietetic Practice Group**

**Web site:** <http://www.vegetariannutrition.net/>

c/o American Dietetic Association Practice Team

216 W. Jackson Blvd.

Chicago, IL 60606

Phone: 800-877-1600 ext. 4815



**The Vegetarian Resource Group**

**Web site:** <http://www.vrg.org/>

P.O. Box 1463

Baltimore, MD 21203

**Vegetarian Society of the United Kingdom**

**Web site:** <http://www.vegsoc.org/>

Parkdale, Dunham Rd.

Altrincham, Cheshire WA14 4QG

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