

## FOOD FOR LIFE



### Resources to Support a Healthier Lifestyle

**The Power Plate** is a great resource to learn more about the four food groups that help you live longer, maintain a healthy weight, and cut your risk of heart disease, diabetes, and high blood pressure. Fruits, vegetables, grains, and legumes are all you need!

[ThePowerPlate.org](http://ThePowerPlate.org)



**NutritionMD** provides information and tools for health care providers and the general public to make healthier lifestyle choices.

[NutritionMD.org](http://NutritionMD.org)

## 21-DAY VEGAN KICKSTART

### 21-Day Kickstart Community

**Forum** is where you can get your questions answered in a forum moderated by PCRM's nutrition experts. Browse topics from previous Kickstart programs.

[PCRM.org/Forum](http://PCRM.org/Forum)

**Food for Life** is an award-winning program designed by physicians, nurses, and dietitians that offers classes focusing on the lifesaving effects of healthful eating. Find a class near you at

[PCRM.org/FFL](http://PCRM.org/FFL)

**PCRM** Physicians Committee for Responsible Medicine

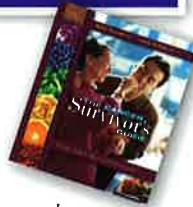
5100 Wisconsin Ave., N.W.  
Suite 400  
Washington, DC 20016  
T: 202-686-2210

The Food for Life program is a direct service nutrition education program of the Physicians Committee for Responsible Medicine (PCRM).

### **The Cancer Survivor's Guide**

is a comprehensive text on the scientific link between diet and cancer and the benefits of a plant-based diet. It includes nutrition information and more than 130 easy and delicious recipes.

[PCRM.org/CancerGuide](http://PCRM.org/CancerGuide)



### **Eating Right for Cancer**

**Survival DVD** features nutrition lectures by Neal Barnard, M.D., as well as cooking demonstrations of meals with cancer-fighting foods from Chef Sualua Tupolo and registered dietitian Stephanie Beine.

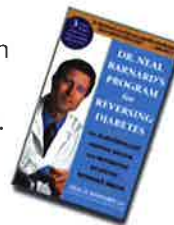
[PCRM.org/EatingRight](http://PCRM.org/EatingRight)

### **Dr. Neal Barnard's Program for Reversing Diabetes**

explains in detail the power of a plant-based diet to prevent and treat type 2 diabetes with information on how to get started, a meal plan, and recipes.

For this and more resources, visit

[PCRM.org/Diabetes](http://PCRM.org/Diabetes)



### **Tackling Diabetes with Dr. Neal Barnard**

**DVD** draws on the latest scientific research and explains how a low-fat vegan diet can fight diabetes by controlling blood glucose, weight, and heart disease risk. In many cases, it will even eliminate the need for some medications.

[PCRM.org/TacklingDiabetes](http://PCRM.org/TacklingDiabetes)

### **21-Day Weight Loss Kickstart**

Based on PCRM's popular online program, *21-Day Weight Loss Kickstart* gives health-conscious consumers a three-week immersion in what is essentially a perfect diet. The book includes more than 60 recipes, daily meal plans for the 21-day program, tips for grocery shopping, and more.

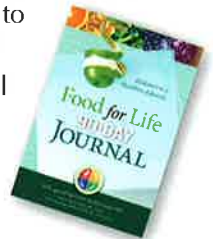
[PCRM.org/KickstartBook](http://PCRM.org/KickstartBook)



### **Food for Life 90-Day Journal**

This food journal is perfect for helping you take control of your diet and improve your health. The portable spiral notebook makes it easy to record a daily record of food intake and physical activity. Bonus features include a seven-day sample menu, recipes, tips for breaking food cravings, pantry suggestions, how to track fiber intake and body mass index, and much more!

[PCRM.org/FoodJournal](http://PCRM.org/FoodJournal)



### **To Download or Order**

**Literature** from Food for Life and the Physicians Committee for Responsible Medicine, visit [PCRM.org/Lit](http://PCRM.org/Lit)



All books and DVDs are available through PCRM's Marketplace at [PCRM.org/Shop](http://PCRM.org/Shop). Marketplace can be reached by phone at 800-695-2241.

*If you'd like these resources to continue to be offered, please consider making a tax-deductible donation to support the Food for Life program.*

You can do so online at [PCRM.org/PCRMsupport](http://PCRM.org/PCRMsupport) or by making a check out to PCRM. Please send checks to PCRM's Washington office (address at left).