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.

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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

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
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 B12, 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%20vegan%20diet.htm](http://www.andrews.edu/NUFS/Change%20to%20vegan%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)

**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](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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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
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.
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
ISBN: 0-939165-35
Description: This book is a comprehensive collection of vegetarian food resources for food shopping.

Virginia Messina, Reed Mangels, and Mark Messina
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
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
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
Davida Gypsy Breier; Nutrition Section by Reed Mangels, PhD, RD
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/](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](https://secure.palmcoastd.com/pcd/document?ikey=003C7ITWO)

VegNews Magazine  
**Full Text:** [http://www.vegnews.com](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](https://swenconn.powweb.com/subscribe.html)

4. Web Resources

**Food Guides**  
Nutrispeak: Vesanto Melina, RD  
**Web site:** [http://www.nutrispeak.com/foodguides.htm](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/](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 B₁₂, and zinc.
MedlinePlus: Vegetarianism
DHHS. NIH. National Library of Medicine.
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.
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.jhtml?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
Description: Links to web resources on many aspects of vegetarianism.
Vegetarian Resource Group  
**Description:** This web site contains a wealth of information on vegetarian nutrition including nutrients like iron, calcium, protein, and vitamin B₁₂ as well as reprints of nutrition-related articles from Vegetarian Journal.

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

**Vitamin B₁₂ in the Vegan Diet**  
The Vegetarian Resource Group  
Web site: [http://www.vrg.org/nutrition/b12.htm](http://www.vrg.org/nutrition/b12.htm)  
**Description:** Provides information on vitamin B₁₂ sources and recommendations.

**What Every Vegan Should Know about Vitamin B₁₂**  
The Vegan Society  
**Description:** Brief statement on vitamin B₁₂ sources and recommendations for intake followed by an extensive technical review of information on vitamin B₁₂.

**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?**  
**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
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_dring_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
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
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.
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
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.
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 Tibero, MS, RD
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?siteld=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

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
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](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](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
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.
Description: Information on key nutrients for pregnant vegetarians.
b. Resources for Infants and Children

Ask Brenda - Vegan Nutrition Tips
Brenda Davis, RD. Veg Family
Description: Questions and answers about vegan infants and children.

Better Than Peanut Butter and Jelly
Marty Mattare and Wendy Muldawer
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.lalecheleague.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
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
ISBN: 1883672880
Description: Vegetarian recipes for children ages 8 years and older

Kids Can Cook: Vegetarian Recipes
Dorothy R. Bates and Suzanne Havala
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
ISBN: 1883672066
Description: Vegetarian recipes for younger children.

Raising Vegetarian Children
Joanne Stepaniak, MSEd and Vesanto Melina, MS, RD
ISBN: 0658021559
Description: Provides tips for nursing moms and nutritional guidance for infancy to adolescence.

Vegan Diets for Children
Carol M. Coughlin, RD
Full text: 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
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
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
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.
Description: Includes information for parents about vegetarian diets for teenagers.

A Teen's Guide to Going Vegetarian
Judy Krizmanic
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
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
Description: Information for parents on vegetarian diets for adolescents.

Vegetables Rock! A Complete Guide for Teenage Vegetarians
Stephanie Pierson
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](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  
**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**  
**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](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 antioxidants 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
D. Enette Larson, MS, RD, LD
Full text: 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
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
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
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
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
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
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
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
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
ISBN: 978-0609809235
Description: Vegetarian recipes from around the world with an emphasis on Near Eastern cuisine.

The Modern Vegetarian Kitchen
Peter Berley
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
Description: Over 200 vegetarian recipes include soups, salads, breads, dips, sauces, spreads, main dishes and desserts.
The New Moosewood Cookbook
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
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
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
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
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

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

Vegetarian Recipes
Allrecipes.com
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
This resource list was compiled by:
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