

## INFORMATION GUIDE

The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center, room 2101 in the Cardiovascular Center. Visit our website at [www.umcvc.org/mwrc](http://www.umcvc.org/mwrc)

### Brochures, Fact sheets

- American Dietetic Association. **Vegetarianism: The Basic Facts.** Access online at:  
<http://www.eatright.org/resource/food/nutrition/vegetarian-and-special-diets/vegetarianism-the-basic-facts>
- United States Department of Agriculture. **Healthy Eating for Vegetarians: 10 Tips for Vegetarians.** Access online at:  
<http://www.choosemyplate.gov/sites/default/files/tentips/DGTipsheet8HealthyEatingForVegetarians.pdf>
- Vegetarian Resource Group. **Vegan Diets in a Nutshell.** Available online at:  
[http://www.vrg.org/nutshell/vegan\\_nutshell.pdf](http://www.vrg.org/nutshell/vegan_nutshell.pdf)

### Articles

- Craig, Winston J. **Health Effects of Vegan Diets.** American Journal of Clinical Nutrition; vol. 89, no. 5, 1627S-1633S, May 2009. Access article at:  
<http://ajcn.nutrition.org/content/89/5/1627S.full?sid=56b91a98-d998-4c59-a358-823d74f55f4a>
- Hu, Frank B. **Plant-based Foods and Prevention of Cardiovascular Disease 1,2,3,4.** The American Journal of Clinical Nutrition; Vol 78, No 3, September, 2003. Access article at:  
<http://ajcn.nutrition.org/content/78/3/544S.long>
- **Position of the American Dietetic Association: Vegetarian Diets.** Journal of the American Dietetic Association. July, 2009. Access article at:  
[http://www.vrg.org/nutrition/2009\\_ADA\\_position\\_paper.pdf](http://www.vrg.org/nutrition/2009_ADA_position_paper.pdf)
- **Primary Prevention of Cardiovascular Disease with a Mediterranean Diet.** New England Journal of Medicine, February 25, 2013

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- Weintraub, Martha. **The Mediterranean Diet: The Gold Standard for Heart-Healthy Eating.** University of Michigan UofMHealthBlogs, March 18, 2013. Access article at: <http://uofmhealthblogs.org/4108/the-mediterranean-diet-the-gold-standard-for-heart-healthy-eating/#more-4108>

### Books

- Bittman, Mark. **How to Cook Everything Vegetarian: Simple Meatless recipes for great Food.** Hoboken, NJ: John Wiley & Sons, 2007.
- Chatham, Paul Williams. **The Mediterranean Diet: Unlock the Mediterranean Secrets to health and Weight Loss with Easy and delicious Recipes.** Berkley, CA: Rockridge Press, 2012.
- Esselstyn, Jane. **The Prevent and Reverse Heart Disease Cookbook: Over 125 Delicious, Life-Changing, Plant-Based Recipes.** New York, NY: Penguin, 2014.
- Hever, Julieanna. **The Complete Idiot's Guide to Plant-Based Nutrition.** New York, NY: Penguin, 2011.
- Martha Stewart Living. **Meatless: More Than 200 of the Very Best Vegetarian Recipes.** New York, NY: Clarkston Potter, 2013.
- Norris, Jack. **Vegan for Life: Everything You Need to Know to Be Healthy and Fit on a Plant-Based Diet.** Cambridge, MA: De Capo Press, 2011.
- Palmer, Sharon. **The Plant-Powered Diet: The Lifelong Eating Plan for Achieving Optimal Health, Beginning Today.** New York, NY: The Experiment, LLC, 2012.
- Peterson, Marilyn. **Vegan Bite by Bite: How do you Transition to a Plant-Based Diet?** Los Angeles, CA: 3 Ton Tomato Press, 2012.
- Raffetto, Meri. **Mediterranean Diet Cookbook for Dummies.** Hoboken, NJ: John Wiley & Sons, Inc., 2012.
- Robertson, Robin. **Quick-Fix Vegan: Healthy, Homestyle Meals in 30 Minutes or Less.** Kansas City, MO: Andres McMeel Publishing, 2011.
- Stone, Gene. **Forks Over Knives: The Plant-Based Way to Health.** New York, NY: The Experiment, LLC, 2011.

### Audio Visual Resources

- Virgil Films. **Forks Over Knives**. New York, NY: Monica Beach Media, 2011.

### Web Resources

- **American Heart Association – Nutrition Center**  
[www.heart.org/](http://www.heart.org/)
  - On the red bar across the top of the page, click on: “Getting Healthy”
  - Click on: “Nutrition Center”This section includes information and interactive tools to help maintain a healthy diet. The grocery list includes 800 foods that were screened by AHA to be low in saturated fat and cholesterol. This tool enables the user to select and print a grocery list.
- **National Institutes of Health Office of Dietary Supplements.**  
<http://ods.od.nih.gov/>  
This site helps you gain knowledge and understanding of dietary supplements.
- **U.S. News and World Reports**  
In 2013 U.S. News and World Reports added Best Plant-Based diets to their rankings. Access at:  
<http://health.usnews.com/health-news/slideshows/top-5-plant-based-diets>
- **United States Department of Agriculture: Vegetarian Nutrition**  
<http://fnic.nal.usda.gov/lifecycle-nutrition/vegetarian-nutrition>  
Information on vegetarianism as well as recipes and meal planning.
- **Vegetarian Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics.**  
<http://vegetariannutrition.net/>  
Their mission as a leading authority on vegetarian diets is to provide tools from evidence-based research to plan all types of vegetarian meals.
- **Vegetarian Resource Group**  
[www.vrq.org/](http://www.vrq.org/)  
A plant-based diet has many health benefits, including lowering the risk for heart disease, hypertension, Type 2 diabetes, and cancer. It can also help lower cholesterol and blood pressure levels, plus maintain weight and bone health. This site is a great resource for this type of diet.

### Apps

- **21 Day Vegan Kickstart**

Cost: Free

This app gives you recipes for breakfast, lunch and dinner for three weeks, helping with the transition to a vegan diet.

For: iPhone, iPad, iPod Touch

- **Fooducate**

Cost: Free

Fooducate grades your food, explains what's really inside each product, and offers healthier alternatives. They have the largest database of UPCs - over 200,000 unique products and growing. You can filter by vegan or vegetarian too.

For: iPhone, iPad, iPod Touch and Android

- **Healthy Out**

Cost: Free

Looking for healthy food when you eat out? HealthyOut finds you dishes at local restaurants that match your diet and nutrition preferences. There are preferences such as under 500 calories, low carb, low sodium, vegan mediterranean, gluten free and many others to choose from. This makes it easy to eat healthy and stay on your diet when you're eating out.

For: iPhone, iPad, iPod Touch and Android

- **Is it Vegan?**

Cost: Free

Scan or manually enter the barcode on the package of any food or beverage product, and you can find out if the product is vegan, vegetarian or neither. A summary list of product ingredients are shown and also a detailed list showing which ingredients are vegan, vegetarian or non-vegetarian.

For: iPhone, iPad, iPod Touch and Android

- **Vegman**

Cost: Free

Vegman is a global restaurant guide app. It lists restaurants that are vegan friendly. You can search nearby restaurants or by the place name.

For: iPhone, iPad, and iPod Touch

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- **Whole Foods Market**

Cost: Free

This app is nice to look at and easy to browse. You can search for recipes by course, category, keyword, or special diets like vegan or wheat-free. On the search results page, each app is illustrated with a picture and several icons. These icons tell you at a glance if the recipe is vegetarian, vegan, wheat-free, low-sodium, low-fat, gluten-free, etc. Each recipe can be saved to your favorites, added to a shopping list, or emailed.

For: iPhone, iPad, iPod Touch and Android

### University of Michigan Resources

- **Nutrition Services at The Preventive Cardiology Program** offers a number of relevant programs and services including individualized counseling and group sessions to help individuals reduce risk disease and improve wellness. The service specializes in medical nutrition therapy for:

- Cholesterol and triglyceride reduction
- Blood pressure management
- Healthy weight management
- Metabolic syndrome/Insulin resistance/Pre diabetes
- Diabetes
- Congestive Heart Failure

For more information access: [www.uofmhealth.org/medical-services/heart-nutrition](http://www.uofmhealth.org/medical-services/heart-nutrition)

2 Locations are available:

The Cardiovascular Center (734)998-7400

Cardiovascular Medicine at Dominoes Farms (888)287-1082

This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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