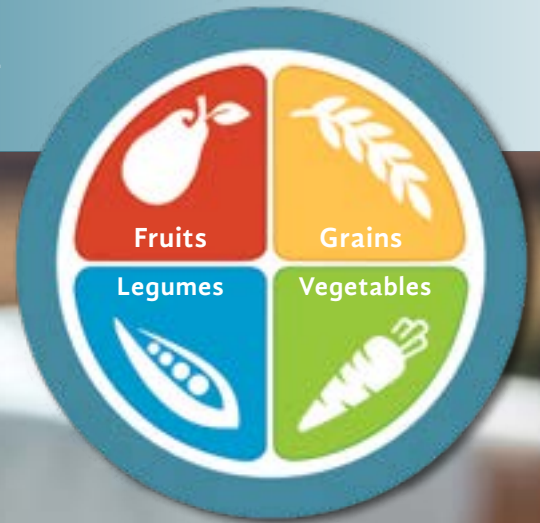


# GOOD NUTRITION

THE POWER OF A  
PLANT-BASED DIET



Inside you'll find:

- Three steps to get started
- Recipes and meal ideas
- Frequently asked questions
- Inspiring success stories
- Links to free resources

VEGAN STARTER KIT

PhysiciansCommittee<sup>™</sup>  
for Responsible Medicine

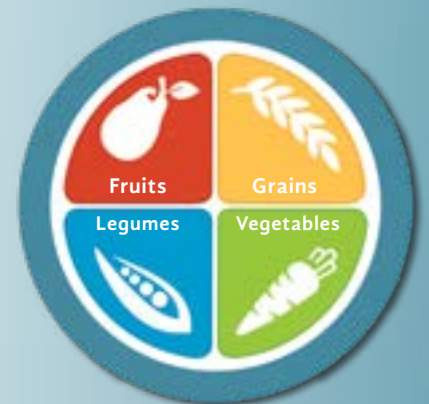
# The Power of Your Plate

Eating a plant-based diet is a powerful way to achieve good health! Follow the Power Plate, an approach that focuses on fruits, vegetables, grains, and beans and sets aside animal products (meat, dairy, and eggs) and added oils.

Join the countless numbers of people who have made this switch to a diet full of fiber, rich in vitamins and minerals, free of cholesterol, and low in calories and saturated fat. A plant-based diet is satisfying and delicious, too!

## What are the benefits?

- ✓ Reduced risk for heart disease and stroke
- ✓ Lower blood pressure and cholesterol levels
- ✓ Better blood sugar control
- ✓ Healthy weight maintenance
- ✓ Lower cancer risk





# Making the Switch

Step

1

## EXPLORE THE POSSIBILITIES

Before diving in and making any changes, spend some time learning about a low-fat, plant-based diet and thinking about your goals and strategies. It doesn't take much to switch up your meals and snacks for delicious, healthful plant-based foods, but many people find it's easiest to do once they've educated themselves on the benefits they may enjoy after making the change.



Step

2

## STOCK UP

Make sure you have everything you need before getting started. Fill your refrigerator and pantry with healthful foods to make satisfying meals you know you'll enjoy.



Step

3

## GET STARTED

Commit to eating a vegan diet for three weeks. This will give you enough time to start to experience any health benefits, such as weight loss, better digestion, improved blood sugar, or more energy! For additional tips and support, sign up for the Physicians Committee's free program at [21DayKickstart.org](http://21DayKickstart.org).



Those who eat a plant-based diet may lower their risk for a broad range of health concerns, including heart disease, type 2 diabetes, and obesity. Understanding how important food is to your overall health can be a strong motivator when developing healthful habits and new routines.



### Heart Disease

Studies show that people who eat a plant-based diet may have a lower risk of dying from heart disease when compared with nonvegetarians. Plant-based diets have also been shown to prevent and reverse heart disease, improve cholesterol, and lower blood pressure.



### Diabetes

Plant-based diets can prevent, manage, and reverse type 2 diabetes. Studies have linked a plant-based diet to lower body weight and improved insulin function, which can improve symptoms associated with type 2 diabetes.



### Weight Loss

Plant-based diets can help with weight loss because they are packed with fiber, which fills you up without adding extra calories. Replacing high-fat foods with fruits, vegetables, whole grains, and legumes naturally reduces calorie intake. A gram of fat contains 9 calories, while a gram of carbohydrate contains 4.





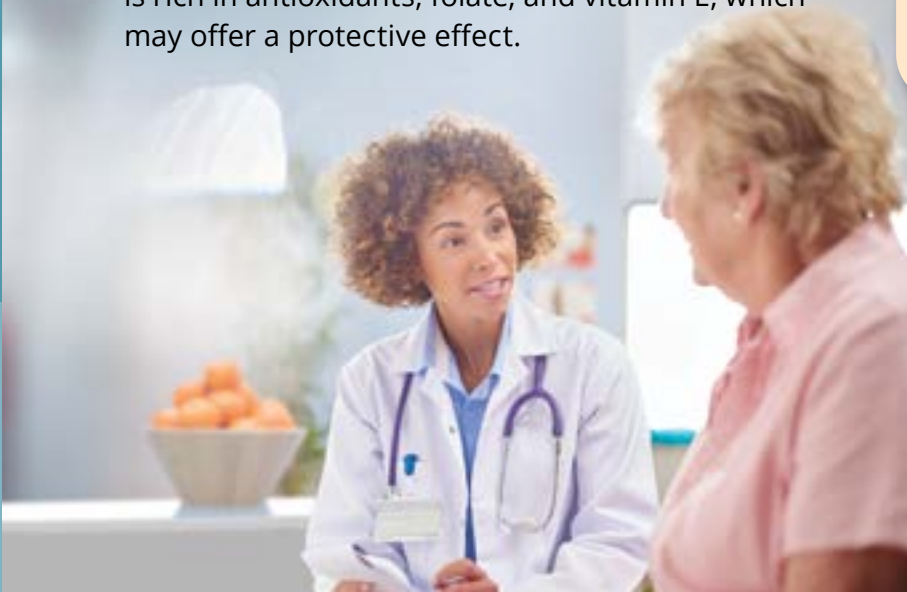
### Cancer

Avoiding animal products and high-fat foods may lower the risk of developing certain types of cancer, including colorectal cancer, breast cancer, and prostate cancer. Plant-based diets are protective because they're rich in colorful, cancer-fighting compounds called phytochemicals and fiber, which helps remove excess hormones and waste from the digestive system.



### Brain Health

Saturated fat and trans fat—found in dairy products, meat, and fried foods—can increase the risk for Alzheimer's disease and other cognitive conditions. A low-fat, plant-based diet eliminates these foods and is rich in antioxidants, folate, and vitamin E, which may offer a protective effect.



### Where do you get your protein?

A diet rich in grains, legumes, and vegetables provides all of the protein our bodies need, without the large amounts of saturated fat and cholesterol found in animal foods.

### Are carbohydrates healthy?

Carbohydrates—like sweet potatoes, fruits, and beans—are key to good health. They provide glucose, which is the main fuel for your body and brain. Carbohydrate-rich foods are high in fiber, vitamins, minerals, and phytochemicals, which are all beneficial for our health. Choose whole grains over refined, processed foods.

### Is healthy eating expensive?



Vegan staples like rice, beans, oats, and potatoes are all inexpensive. Buying produce in season, shopping in bulk, and meal planning are all great ways to save money.



### What about milk?

By eating a varied plant-based diet, you'll get all the calcium you need to build strong bones without the added health risks of milk and other dairy products. Leafy green vegetables, beans, fortified juices, and plant milks are all great sources of calcium.

### Are vegan diets safe for pregnancy, breastfeeding mothers, and children?



The Academy of Nutrition and Dietetics—the world's largest organization of food and nutrition professionals—states that “vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes.”

For more information, visit [PhysiciansCommittee.org](https://www.physicianscommittee.org)

It's time to stock up on healthful plant-based foods! Here are some staples to look for at the grocery store:

✔ **Produce:** The bright colors you see in the produce aisle reflect different phytochemicals that benefit health, so be sure to choose a variety of fruits and vegetables. Look for fresh herbs, too, which can add flavors and spices to recipes without extra calories and fat.

✔ **Dried Foods:** Dried beans and peas, brown rice, whole-wheat pasta, quinoa, barley, oats, cereals, and other whole grains are all great choices.

✔ **Canned Foods:** Beans, plant-based soups, and vegetables can all be found in the canned foods aisle. Remember to keep your diet low

in sodium and read ingredient lists carefully for animal additives like chicken broth or milk.

✔ **Refrigerated Foods:** Tofu, tempeh, hummus, bean- and lentil-based salads, and plenty of nondairy plant milks and yogurts can be found in this section.

✔ **Frozen Foods:** Frozen fruits and vegetables are a great way to save time and money! They're just as nutritious as fresh vegetables and last for much longer. Most stores are also now well stocked with low-fat, frozen plant-based meals like pizzas, pasta dishes, burritos, and veggie burgers. Remember to check labels for hidden animal ingredients, like cheese or egg.





# 3

## GET STARTED

# Meal Swaps

You might be surprised how close to a vegan diet you already are. You probably already have some of these staples. So let's explore basic meal ideas and easy swaps.

### Breakfast

IF YOU NORMALLY HAVE:

TRY THIS INSTEAD:

Cereal or coffee with dairy milk or creamer

Cereal or coffee with nondairy milk

Scrambled eggs

Scrambled tofu

Bacon or sausage

Veggie bacon or veggie sausage

Doughnut or muffin

Cinnamon raisin toast or whole-wheat toast with jam

Bagel with cream cheese

Bagel with jam or hummus

### Lunch or Dinner

IF YOU NORMALLY HAVE:

TRY THIS INSTEAD:

Turkey sandwich with lettuce, tomato, and mayo

Sandwich with hummus or veggie deli slices with lettuce and tomato

Chicken noodle soup

Lentil soup or minestrone

Hamburger

Black bean or portobello burger

Cheese pizza

Roasted vegetable pizza

Spaghetti with meat sauce

Spaghetti with tomato sauce and chunky vegetables, or pasta primavera

## All It Takes Is Three Weeks

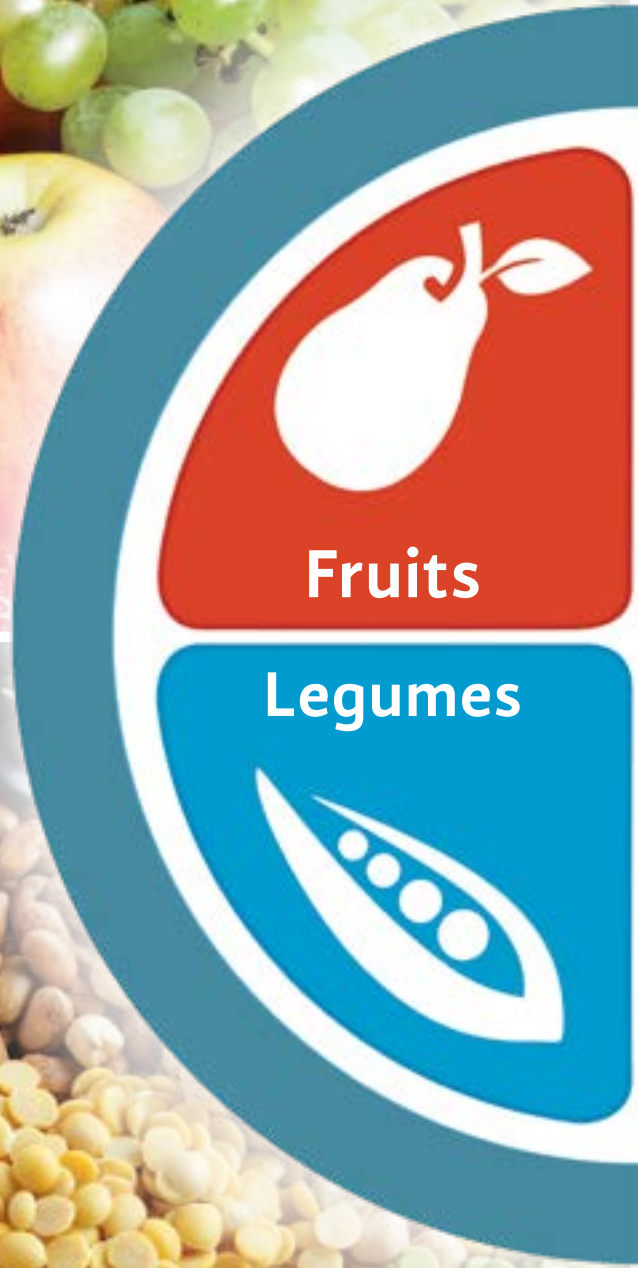
Give a vegan diet a try for 21 days. In just three weeks, you can break old habits and start new ones, revolutionizing your health. In that time you will likely see many positive changes and find new foods and routines that work for you. You might be surprised at how many healthful vegan meals you eat already!





# The Pow

By filling your plate with a variety of fruits, vegetables, grains, and legumes, it's easy to get the nutrition your body needs.





# er Plate



Grains

Vegetables



Feel free to eat as much of these foods as you'd like, until you feel full.



# On the Go: Eating Away From Home



**Restaurants:** Finding plant-based options on menus is easier than ever! Even fast-food outlets like Taco Bell and Panera have multiple offerings.

If you don't see a plant-based section on the menu, ask your server for clarification. Keep an eye out for these options and many more:

**Mexican:** Bean burritos, veggie fajitas, tacos, taco salad

**Chinese:** Steamed vegetables with tofu and rice, vegetable lo mein, spring rolls

**Japanese:** Edamame, veggie sushi, seaweed salad, soba noodle bowl

**Italian:** Pasta primavera, veggie pizza without cheese, minestrone soup

**Vietnamese:** Pho, banh mi, garden rolls, vermicelli bowls

**Thai:** Pad thai without egg, rice noodles, mango sticky rice

**Indian:** Chana masala, lentil dal, aloo gobi, veggie samosas

**Ethiopian:** Veggie platter with injera

**Middle Eastern:** Falafel sandwich with hummus, tabbouleh

**American:** Garden salads, vegetable plates, baked potatoes



**At Work:** Prepare your meal the night before or bring in leftovers. It also helps to keep snacks or soups, frozen burritos, hummus, salad ingredients, and

other quick foods on hand. If your workplace has a cafeteria, have a word with the manager about items you'd like to see. Don't be shy about sharing your favorite recipes to inspire others!







**Parties:** Reach out in advance to let the hosts know that you follow a plant-based diet. Offer to bring a dish to share. It can be helpful to eat a snack before you go.



**Holidays:** There are many great plant-based recipes for every holiday. Visit [PCRM.org/Recipes](http://PCRM.org/Recipes) for our holiday recipes. Remember that holidays are

often about gathering with friends and family. If they ask about your new diet, that's great; share how well it's going for you. You might leave detailed conversations about unhealthy foods for another time.



**In the Air:** If you're flying overseas, be sure to opt for a vegan meal when you purchase your ticket. On domestic flights, you can often find hummus and crackers on the plane. In the airport, most food outlets offer at least one vegan option. Pack snacks that easily pass through security. Fresh or dried fruit, baby carrots, sliced cucumbers, hummus on pita, instant soup cups, and pretzels are all good choices.



**On the Road:** When on the road, pull over to fast-food outlets that you know offer at least one vegan option, such as Subway, Taco Bell, and Chipotle. Even

better, stop into a grocery store and fill up a bag with foods you enjoy at home—pita bread, rice cakes, bean dip, small plant-milk boxes, bananas, apples, and pretzels.





# Staying on Track



## **Plan Ahead**

Planning your meals in advance makes it easy to stay on track. So that means thinking a few days ahead, deciding what you'll be eating, and getting the ingredients well in advance.

## **Have a Backup Plan**

Schedules and plans can change, but they don't have to derail your goals. Having a few quick-and-easy meals you can reach for can help you avoid falling into old habits. Frozen veggie burgers, hummus and veggie wraps, or a cup of lentil soup are all fast and filling options.

## **Eliminate Temptation**

When stocking up, be sure to eliminate sources of temptation. When you open your refrigerator door, it's much easier to stay on track when you're greeted by enticing healthful choices, rather than those you're trying to leave behind. By filling your shelves with fruits, vegetables, beans, and grains, you'll know that everything in your kitchen supports your health goals.

## **Progress, Not Perfection**

If you fall off the wagon, just dust yourself off and get back on. No shame, no guilt. Each day is a new day to fill your body with the most healthful foods possible.

## **The More the Merrier**

Dietary changes are more effective when you have consistent support or even a friend making the same changes along with you. Try reaching out to friends and family, meetup groups, social media groups, mentors or allies, or co-workers.

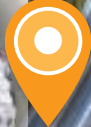
## **Talking to Your Doctor**

At your next appointment, let your doctor know that you're following a low-fat, plant-based diet. If you've made improvements in your health, your doctor may be keen to hear what you're doing!



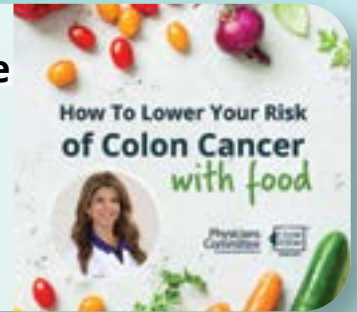
# Continue Your Journey

Go to [PCRM.org/Recipes](https://www.pcrm.org/Recipes) to try delicious plant-based recipes.



## Resources for Ongoing Success

Follow [@PhysiciansCommittee](https://www.facebook.com/PhysiciansCommittee) on Facebook and Instagram and [@PCRM](https://twitter.com/PCRM) on Twitter and connect with others making this change!



**21-DAY VEGAN KICKSTART**

Support your journey at [21DayKickstart.org](https://www.21DayKickstart.org).



Inspire others! Let your friends and family know about your success.





# Blueberry Buckwheat Pancakes

Makes 16  
3-inch pancakes



*In this recipe, buckwheat and blueberries team up to make a terrific-tasting, health-protecting breakfast.*

## Ingredients

- ¼ cup buckwheat flour
- ¼ cup cornmeal
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1 ripe banana, mashed
- 2 tablespoons maple syrup
- 1 tablespoon vinegar
- 1 cup fortified soy or rice milk
- 1 cup fresh or frozen blueberries
- Vegetable oil spray

## Directions

Mix buckwheat flour, cornmeal, baking powder, baking soda, and salt.

In a separate large bowl, combine mashed banana, maple syrup, vinegar, and nondairy milk. Add flour mixture, stirring just enough to remove any lumps and make a pourable batter. Stir in blueberries and add a bit more milk if the batter seems too thick.

Preheat a nonstick skillet or griddle, and then spray lightly with vegetable oil. Pour small amounts of batter onto the heated surface and cook until tops bubble. Turn carefully with a spatula and cook the second sides until browned, about 1 minute. Serve immediately.

**Source:** *Healthy Eating for Life To Prevent and Treat Cancer* by Vesanto Melina, MS, RD; recipe by Jennifer Raymond, MS, RD



# Cinnamon-Raisin Oatmeal

Makes 4 servings

*Hearty, old-fashioned rolled oats in the morning will keep you satisfied until lunchtime. Raisins add a bit of natural sweetness with no added sugar.*

## Ingredients

- 4 cups water
- 2 cups old-fashioned rolled oats
- ½ cup raisins
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- Fortified vanilla soy or rice milk (optional)

## Directions

Combine all ingredients except nondairy milk in a heavy saucepan. Bring to a boil, lower heat, and cook, stirring occasionally for about 10 minutes or until cooked to your liking. Serve plain or with vanilla soy or rice milk, if desired.

## Variations

- For cinnamon-apricot oatmeal, replace raisins with ½ cup chopped dried apricots. Cook as directed.
- For cinnamon-apple oatmeal, reduce water to 3¼ cups and replace raisins with 1 apple, peeled and coarsely chopped. Cook as directed.
- For jam oatmeal, omit raisins, cook as directed, and top each serving with a dollop (about 1 teaspoon) of fruit-sweetened jam or jelly.

**Source:** *Breaking the Food Seduction* by Neal Barnard, MD; recipe by Jo Stepaniak; © Jo Stepaniak 2005, published with permission



# Quickie Quesadillas

Makes 8 servings

*These quesadillas are a truly happy marriage between cultures: Middle Eastern red pepper hummus served with Mexican corn tortillas and garnished with salsa makes an absolutely delicious meal or snack. If you are in a hurry, you can purchase hummus instead of making it from scratch.*

## Ingredients

- 1 15-ounce can garbanzo beans, drained
- ½ cup water-packed roasted red peppers
- 3 teaspoons lemon juice
- 1 tablespoon tahini (sesame seed butter)
- 1 garlic clove, peeled
- ¼ teaspoon ground cumin
- 8 corn tortillas
- ½ cup chopped green onions
- ½ to 1 cup salsa or ½ cup chopped tomatoes

## Directions

Place garbanzo beans in a food processor or blender with roasted peppers, lemon juice, tahini, garlic, and cumin. Process until very smooth, 1 to 2 minutes.

Spread a tortilla with 2 to 3 tablespoons of garbanzo mixture and place in a large nonstick skillet over medium heat. Sprinkle with onions, salsa, or tomatoes.

Top with a second tortilla and cook until bottom tortilla is warm and soft, 2 to 3 minutes. Turn and cook second side for another minute. Remove from pan and cut in half. Repeat with remaining tortillas.

**Source:** *Healthy Eating for Life for Children* by Amy Lanou, PhD; recipe by Jennifer Raymond, MS, RD





## Roasted Brussels Sprouts With Apples

Makes 6 servings

*This dish showcases the flavors of autumn with Brussels sprouts, apples, maple syrup, and thyme! Brussels sprouts and other cruciferous vegetables are packed with phytochemicals that may help reduce the risk of certain types of cancer.*

### Ingredients

2 pounds Brussels sprouts, washed, ends trimmed  
2/3 cup Gala apple, diced  
1/4 cup walnuts, toasted  
1 teaspoon whole-grain mustard  
2 tablespoons lemon juice, freshly squeezed  
2 tablespoons unsweetened applesauce  
2 teaspoons maple syrup  
1 teaspoon fresh thyme, chopped  
Salt, to taste  
Pepper, to taste

### Directions

Preheat oven to 425 F. Line a sheet tray with parchment paper. Cut Brussels sprouts in half and season with salt and pepper. Place cut-side down on the parchment sheet. Bake for 15 to 20 minutes or until the Brussels sprouts are tender and golden brown.

While the Brussels sprouts are cooking, combine the mustard, lemon juice, applesauce, maple syrup, and thyme in a small bowl to make the dressing. Whisk to combine. Season with salt and pepper to taste.

Remove the Brussels sprouts from the oven and let cool slightly. In a large bowl, combine the Brussels sprouts, walnuts, and diced apples and toss them with the dressing. Serve warm.

**Source:** Dora Stone, chef and photographer, founder of Mmmole.com and DorasTable.com

## Pita Pizzas

Makes 6 pizzas

*Whole-wheat pita bread makes a perfect crust for a child-size pizza, and children enjoy assembling them once the vegetables have been chopped. In addition to the toppings listed, you could also add fat-free vegetarian pepperoni slices.*

### Ingredients

1 15-ounce can tomato sauce  
1 6-ounce can tomato paste  
1 teaspoon garlic granules or powder  
1/2 teaspoon dried basil  
1/2 teaspoon dried oregano  
1/2 teaspoon dried thyme  
6 pieces whole-wheat pita bread  
2 green onions, thinly sliced  
1 red bell pepper, seeded and chopped  
1 cup chopped mushrooms

### Directions

Preheat oven to 375 F.

Combine tomato sauce, tomato paste, garlic, basil, oregano, and thyme.

Turn a piece of pita bread upside down and spread with 2 to 3 tablespoons of sauce. Top with green onions, bell pepper, and mushrooms. Repeat with remaining pita breads. Arrange on a baking sheet and bake until edges are lightly browned, about 10 minutes.

**Source:** *Healthy Eating for Life for Children* by Amy Lanou, PhD; recipe by Jennifer Raymond, MS, RD





# Mandarin Stir-Fry

Makes 4 servings



*The marinade used here adds a sweet and pungent flavor to this hearty, protein-rich dish. Serve it over brown rice, quinoa, or noodles.*

## Ingredients

- 3 tablespoons low-sodium tamari
- 1 tablespoon minced fresh ginger or ginger paste
- 1½ tablespoons pure maple syrup
- 1 15-ounce can chickpeas, drained (or substitute firm tofu, tempeh, or seitan, cubed)
- 1 large onion, halved and thinly sliced
- 2 medium carrots, thinly sliced on diagonal
- 4 cups bite-size broccoli florets
- 1 small zucchini or 1 cup snow pea pods, sliced on the diagonal

## Directions

In a large bowl, whisk together tamari, ginger, and syrup. Add chickpeas or cubed tofu, tempeh, or seitan strips. Toss gently so all pieces are coated with marinade. Let marinate in refrigerator for 30 to 60 minutes or longer, stirring occasionally. Heat a large wok or skillet over high heat. Add onion and saute until golden brown, about 2 to 5 minutes. Add water as needed to prevent sticking. Add carrots and cook until just tender-crisp, about 2 to 5 minutes. Add marinated mixture and broccoli and cook until broccoli turns bright green, about 2 minutes. Add zucchini or snow pea pods and cook until tender-crisp and everything is warmed through, about 2 minutes more.

**Source:** *Breaking the Food Seduction* by Neal Barnard, MD; recipe by Jo Stepaniak; © Jo Stepaniak 2005, published with permission

# Lentil Artichoke Stew

Makes 4+ servings



*The artichokes in this stew add dietary fiber, vitamin C, and folate. This aromatic and tasty Middle Eastern dish is great served alone or over brown rice or pasta. Using fire-roasted tomatoes is not essential, but they will give the stew a delicious smoky flavor.*

## Ingredients

- ¼ cup vegetable broth
- ¼ teaspoon salt
- ¼ teaspoon crushed red pepper (optional)
- 3 to 4 tablespoons freshly squeezed lemon juice
- 1½ cups quartered canned or thawed frozen artichoke hearts (see notes)
- 2 24-ounce cans chopped fire-roasted tomatoes, undrained, or 6 cups chopped fresh tomatoes plus 1 cup tomato juice
- 1 bay leaf
- 1 cup dry red lentils
- 2 cups water
- 1 teaspoon ground coriander
- 2 teaspoons ground cumin
- 2 large garlic cloves, minced or pressed
- 1 onion, chopped
- ¼ teaspoon ground black pepper

## Directions

Heat the broth in a large saucepan. Add the onion and stir over medium heat for about 5 minutes, until golden. Add the garlic, cumin, and coriander and cook for 2 minutes, stirring frequently. Add the water, lentils, and bay leaf and bring to a boil. Reduce the heat and add the tomatoes and their liquid, artichoke hearts, lemon juice, and optional red pepper flakes. Simmer for about 20 minutes, or until the lentils are tender. Remove and discard the bay leaf. Season with salt and pepper to taste.

Stored in a covered container in the refrigerator, leftover Lentil Artichoke Stew will keep for up to three days.

## Notes

- Use one 15-ounce can water-packed artichoke hearts or one 9-ounce package frozen artichoke hearts, thawed.
- If red lentils are unavailable, green lentils can be substituted. However, because green lentils will not cook properly in acidic foods such as tomatoes and lemon juice, you will need to cook them in water or vegetable stock until tender prior to adding them to the stew.

**Source:** *The Survivor's Handbook: Eating Right for Cancer Survival* by Neal Barnard, MD, and Jennifer Reilly, RD





## Roasted Sweet Potato Wedges

Makes 4 servings

*Even without frying, the taste of these sweet potatoes is wonderful.*

### Ingredients

2 medium sweet potatoes, cut into wedges  
1/8 teaspoon cinnamon  
1/4 teaspoon seasoned salt  
1/4 teaspoon ground cumin  
1/8 teaspoon black pepper  
1/4 teaspoon garlic powder  
Vegetable oil spray

### Directions

Preheat oven to 450 F.

Combine sweet potatoes, cinnamon, salt, cumin, black pepper, and garlic powder in a plastic bag. Seal and shake. Without overlapping, place sweet potatoes on a baking sheet coated with vegetable oil spray. Bake for 20 minutes or until very tender, flipping potatoes once during cooking.

**Source:** Brie Turner-McGrievy, MS, RD

## Almost-Instant Black Bean Chili

Makes 6 servings

*This is a perfect make-ahead recipe, since this chili is even better the second day. For a variation, add avocado or fresh or frozen white corn.*

### Ingredients

1/2 cup water  
1 medium onion, chopped  
2 medium garlic cloves, minced  
1 small bell pepper, seeded and finely diced  
1/2 cup crushed tomatoes or tomato sauce  
2 15-ounce cans black beans, undrained  
1 4-ounce can diced green chilies  
1 teaspoon ground cumin

### Directions

Heat the water in a large skillet or pot. Add onion, garlic, and bell pepper. Cook over high heat, stirring often, for about 5 minutes or until onion is translucent. Add crushed tomatoes or tomato sauce, beans and their liquid, chilies, and cumin. Simmer, stirring occasionally, for about 15 minutes or until flavors are blended.

**Source:** *Foods That Fight Pain* by Neal Barnard, MD; recipe by Jennifer Raymond, MS, RD



*For more recipes and nutrition information, visit [PCRM.org/Recipes](http://PCRM.org/Recipes)*

# Kickstart Kale and Grains Bowl

Makes 3 servings



*Feel free to substitute other vegetables, beans, or grains as you desire.*

## Ingredients

- 2 cups cooked quinoa or brown rice, cold or warm, as desired
- 3 cups chopped kale leaves, raw or steamed, or baby spinach leaves
- 2 cups cubed and cooked sweet potato
- 1 15-ounce can black beans, rinsed and drained
- 1 cup chopped bell pepper
- $\frac{3}{4}$  cup mango chunks, fresh or frozen
- 2 tablespoons hemp seeds
- 2 tablespoons freshly squeezed lime juice or red wine vinegar
- $\frac{1}{2}$  tablespoon chopped shallots or 1 tablespoon of the white portion of a green onion
- $\frac{1}{2}$  teaspoon Dijon mustard
- $\frac{1}{2}$  teaspoon sea salt
- Freshly ground black pepper, to taste
- $\frac{1}{4}$  cup plus 2 to 3 teaspoons water (optional)
- 1 to 2 tablespoons coconut nectar or pure maple syrup

## Directions

In three bowls, arrange approximately equal amounts of the quinoa or rice, kale or spinach, sweet potato, black beans, and bell pepper.

Drizzle on the dressing of your choice. Note: If using raw kale, it's useful to break it down by massaging it. After tearing the leaves from the stalk, sprinkle them with salt and use your hands to rub and massage them for a minute or two. Alternatively, you can steam the leaves for just a minute to soften.

In a blender, combine the mango, hemp, lime juice or vinegar, shallots or green onion, mustard, salt, pepper,  $\frac{1}{4}$  cup of the water, and 1 tablespoon of the nectar or syrup. Puree until very smooth.

Taste, and add the remaining 2 to 3 tablespoons water to thin (if desired) and the remaining 1 tablespoon nectar or syrup, to taste.

If you'd like to pair this dressing with some spicy foods or add an extra punch of flavor, try adding 1 to 2 tablespoons of chopped cilantro or basil while pureeing.

**Source:** *Dr. Neal Barnard's Cookbook for Reversing Diabetes* by Neal Barnard, MD; recipe by Dreena Burton



# Chickpea Tacos

Makes 4 servings

Serve this mildly spicy taco filling in taco shells with lettuce and other fresh veggies like chopped tomatoes, jicama, or cucumber. Or make it a taco bowl with the filling and toppings over rice. Option: Serve with gluten-free taco shells if you are following a gluten-free diet.

## Ingredients

2 15-ounce cans chickpeas, rinsed and drained  
2 tablespoons (plus more if needed) water  
 $\frac{3}{4}$  cup onion, chopped  
1 cup zucchini and/or bell pepper, minced  
2 teaspoons chili powder  
2 teaspoons ground cumin  
2 teaspoons smoked paprika  
1 teaspoon garlic powder  
1 teaspoon dried oregano  
 $\frac{1}{4}$  teaspoon allspice  
 $\frac{1}{4}$  teaspoon crushed red pepper flakes or fresh  
minced chili pepper, to taste  
 $\frac{3}{4}$  teaspoon sea salt  
3 tablespoons freshly squeezed lime juice  
1 teaspoon molasses

## Directions

Mash the chickpeas by pressing with the bottom of a measuring cup on a cutting board. (This doesn't have to be thorough, just a rough mash of most of the beans.)

Heat the water in a skillet over medium-high heat. Add the onion, zucchini or bell pepper, chili powder, cumin, paprika, garlic powder, oregano, allspice, pepper flakes, and salt. Cook, stirring occasionally, for 6 to 8 minutes until the onion has softened. If the mixture is drying out and sticking, add another splash of water.

Add the mashed chickpeas, lime juice, and molasses and stir thoroughly. Reduce the heat to medium and cook, stirring, for 8 to 10 minutes until mixture is heated through. Taste, and if you'd like extra salt or heat, add additional seasonings. If mixture is still dry or sticking, add another 2 to 3 teaspoons of water, increase the heat briefly, and scrape the skillet to help bring up the spices from the bottom of the skillet.

If you'd prefer, add chopped jalapeño or another hot pepper to this mixture instead of crushed red pepper flakes. Add as much as you normally like.

**Source:** *The Cheese Trap* by Neal Barnard, MD; recipe by Dreena Burton



# Success Stories

## Katherine

After contemplating surgery for endometriosis, I decided to give a low-fat, plant-based diet a try. Within six months, my ovarian cysts disappeared, and I experienced shrinking fibroid cysts, a 55-pound weight loss, a 60-point reduction in cholesterol, and clear skin. Plus, I no longer struggle with premenstrual syndrome (PMS). I'm now the mother of three healthy boys and teach plant-based nutrition and cooking classes.



## Patricia

I was diagnosed with type 2 diabetes in 2007. Less than a year later, I needed five bypasses. Within three months, I started having chest pain again, resulting in 13 pills and two shots a day. In 2010, I found *Dr. Neal Barnard's Program for Reversing Diabetes* and within a few months stopped the shots and reduced my other diabetes medication by half. Then, I fell off the wagon and ended up needing eight stents. I returned to a low-fat, vegan diet overnight. Now, the diabetes, chest pain, weight issues, low energy, and arthritis are gone. One of my favorite dinners is a baked Japanese sweet potato with steamed kale, pinto beans, and mango salsa.



## Lyle

At 498 pounds, requiring supplemental oxygen, suffering from type 2 diabetes, hypertension, heart disease, and sleep apnea, I took control of my health. I experienced a total health turnaround simply by eating the Navajo plant-based diet of my ancestors. I reversed my diabetes and lost 284 pounds! I no longer take any medications, require oxygen, or suffer from pulmonary hypertension or sleep apnea. I enjoy kale smoothies for breakfast, vegetable wraps for lunch, and a dinner of sauteed tofu and vegetables.





# Plant-Based Health Care in Action



**Neal Barnard, MD, FACC**

I was raised a meat eater in a Midwestern family. My interest in plant-based nutrition began after medical school. My father was a physician who specialized in diabetes treatment when clinicians viewed the disease as a one-way street. That's why I founded the Physicians Committee for Responsible Medicine and began extensive research into how diet affects our health. We've come a long way, and today I hear from people all over the world who have successfully reversed type 2 diabetes, managed heart disease, shed unwanted pounds, and dramatically improved their lives with a plant-based diet.



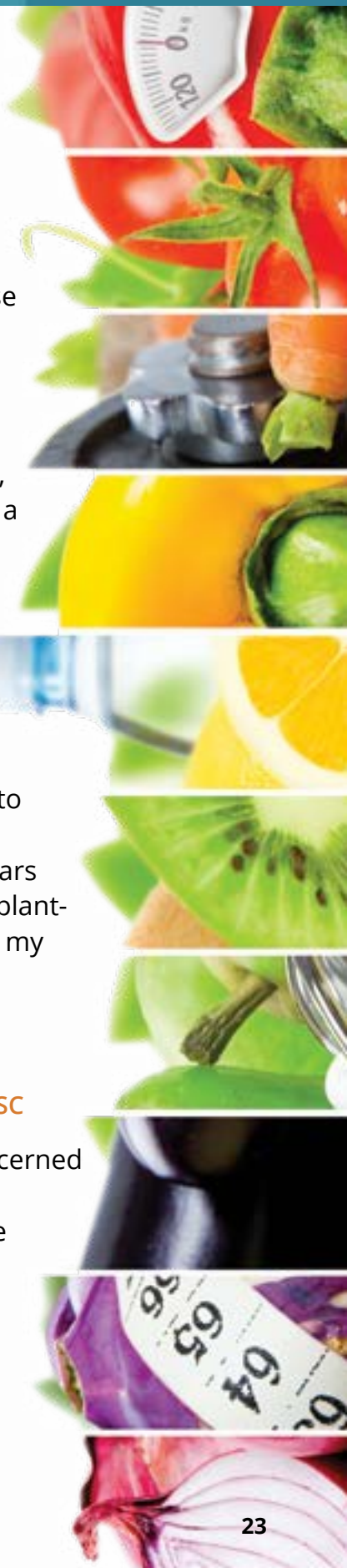
**Ana Negrón, MD**

I decided to remove meat from my diet 28 years ago when I read *Diet for a New America*. I simply cooked without meat and reinterpreted my favorite recipes. As a Puerto Rican, I love rice and beans. Cauliflower and Brussels sprouts are also favorites. A few years later, I eliminated fish and cheese. Today, I characterize my diet as plant-based. In my nutrition clinic near Philadelphia, I cook regularly with my patients and show them how to use a plant-based diet for disease prevention and treatment.

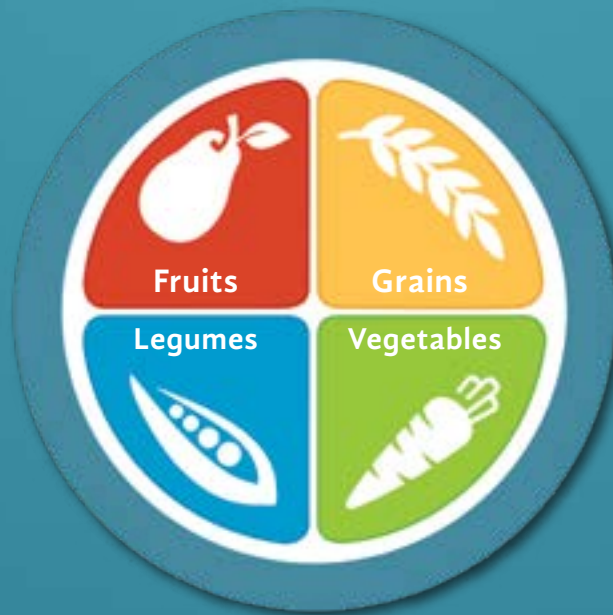


**Kim Williams Sr., MD, MACC, FAHA, MASNC, FESC**

I became a vegan in 2003 because I was concerned that my LDL "bad" cholesterol was too high. As a cardiologist and former president of the American College of Cardiology, I let my patients know that plant-based diets lead to better outcomes, reduce health risks, and have a much more favorable effect on obesity, compared with the standard American diet. They say knowledge is power. In this case, being aware of risk factors helps motivate people to make a difference.







## Online Resources:

- Find delicious recipes at [PCRM.org/Recipes](https://www.pcrm.org/Recipes)
- Start your journey at [21DayKickstart.org](https://www.21DayKickstart.org)
- Inspire others and join us at [PCRM.org/Join](https://www.pcrm.org/Join)

*This guide does not take the place of individualized medical care or advice. If you are overweight, have any health problems, or are on medication, you should consult with your doctor before making any changes in your diet or exercise routines. A diet change can alter your need for medication. For example, individuals with diabetes, high blood pressure, or high cholesterol levels often need less medication when they improve their diets. With any dietary change, it is important to ensure complete nutrition. Be sure to include a source of vitamin B12 in your routine, which could include any common multivitamin, fortified soy milk or cereals, or a vitamin B12 supplement containing 5 micrograms of B12 or more per day.*