

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

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

NutritionMD.org



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

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



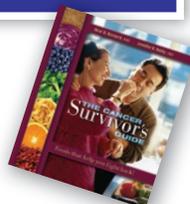
5100 Wisconsin Ave., N.W.
Suite 400
Washington, DC 20016
T: 202-686-2210

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



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.

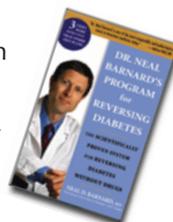
PCRM.org/EatingRight

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



Tackling Diabetes with Dr. Neal Barnard DVD

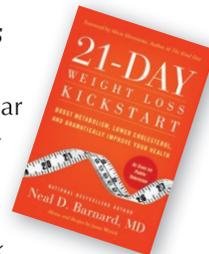
draws on the latest scientific research and explains how a low-fat vegan diet can fight diabetes by controlling blood glucose, weight, and heart disease risk. In many cases, it will even eliminate the need for some medications.

PCRM.org/TacklingDiabetes

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.

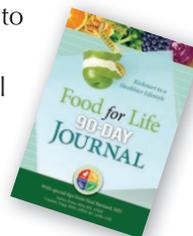
PCRM.org/KickstartBook



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



To Download or Order Literature

from Food for Life and the Physicians Committee for Responsible Medicine, visit PCRM.org/Lit

All books and DVDs are available through PCRM's Marketplace at 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 PCMSupport or by making a check out to PCRM. Please send checks to PCRM's Washington office (address at left).

