PCRM is a leading organization conducting clinical trials on nutrition and health, giving clinicians the tools they need to put the power of diet changes to work. PCRM has conducted studies on weight loss, diabetes, lipids, workplace wellness, menstrual pain, acne, and more. Below is a complete list of PCRM publications.

The effect of a plant-based diet on overall nutrition:


Plant-based diets for diabetes:


Plant-based diets for weight control:

Updated May 2013


**Plant-based diets for cholesterol control:**

**Plant-based diets for blood pressure control:**

**On the acceptability of plant-based diets:**


Updated May 2013
**Diet and cancer:**


**Diet and acne:**

**Medical costs of meat consumption:**

**The dangers of animal waste:**

**Plant-based diets and iron deficiency:**

**Plant-based diets and changes in dietary nutrients:**


**Racial bias in nutrition guidelines:**


**Plant-based diets for dysmenorrhea:**

**Dairy products, bone health, and body weight:**


Updated May 2013