

## **Additional Resources**

### **Nutrition Information**

- Barnard, Neal. *Food for Life*. Harmony Books, 1993.
- Barnard, Neal. *Eat Right, Live Longer*. Harmony Books, 1995.
- Barnard, Neal. *Foods That Fight Pain*. Harmony Books, 1998.
- Barnard, Neal. *Turn off the Fat Genes*. Harmony Books, 2001.
- Davis, Brenda, and Melina, Vesanto. *Becoming Vegan*. Book Publishing Co., 2000.
- McDougall, John. *The McDougall Program*. Plume Books, 1991.
- Moran, Victoria. *The Love-Powered Diet*. New World Library, 1992.
- Ornish, Dean. *Dr. Dean Ornish's Program for Reversing Heart Disease*. Random House, 1990.
- Ornish, Dean. *Eat More, Weigh Less*. HarperCollins, 1993.
- Physicians Committee for Responsible Medicine with Melina, Vesanto. *Healty Eating for Life to Prevent and Treat Cancer*, John Wiley & Sons, 2002:
- Stepaniak, Joanne. *The Vegan Sourcebook*. McGraw-Hill, 2000.
- World Cancer Research Fund and American Institute for Cancer Research. *Food, Nutrition, and the Prevention of Cancer: A Global Perspective*. Washington, D.C.: American Institute for Cancer Research, 1997.

### **Cookbooks**

- Barnard, Neal, ed. *The Best in the World*. Physicians Com-mittee for Responsible Medicine, 1998.
- Barnard, Tanya, and Kramer, Sarah. *How it all Vegan*. Arsenal Pulp Press, Ltd., 1999.
- Bennett, Jannequin. *Very Vegetarian*. Rutledge Hill Press, 2001.
- Bronfman, David and Rachelle. *CalciYum!* Bromedia, 1998.
- Davis, Brenda; Grogan, Bryanna Clark; and Stepaniak, Joanne. *Dairy-Free and Delicious*. Book Publishing Company, 2001.
- Keller, Jennifer, ed. *The Best in the World II*. Physicians Com-mittee for Responsible Medicine, 2002.
- Kornfeld, Myra. *The Voluptuous Vegan*. Clarkson N. Potter, 2000.

McDougall, Mary and John. *The McDougall Quick & Easy Cookbook*. Plume, 1999.

Oser, Marie. *The Enlightened Kitchen*. John Wiley & Sons, 2002.

Raymond, Jennifer. *Fat-Free & Easy*. Heart & Soul Publications, 1997.

Sass, Lorna. *Lorna Sass' Complete Vegetarian Kitchen*. HarperCollins, 1995.

Stepaniak, Joanne. *Table for Two*. Book Publishing Company, 1996.

Stepaniak, Joanne. *The Uncheese Cookbook*. Book Publishing Co., 1994.

Stepaniak, Joanne. *Vegan Deli*. Book Publishing Company, 2001.

### **Videotapes**

Barnard, Neal. *Foods for Cancer Prevention and Survival* (videotape, 45 minutes). Physicians Committee for Responsible Medicine.

*Eating Right for Cancer Survival* (videotape of eight nutrition lectures, 1 hour 43 minutes). The Cancer Project.

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