

Eat More Plants for Your Health & the Earth

by Erin Campbell, MD, MPH

Plant-Based Diet Resources

- Local

- o Climate Solutions Accelerator <https://www.climategfl.org/lighten-your-footprint>
- o Impact Earth (composting) <https://www.impactearthroc.com/>
- o Sweet Pea Plant-Based (meal service) sweetpeaplantbased.com/
- o Rochester Lifestyle Medicine Institute <https://rochesterlifestylemedicine.org/>
- o Lifestyle Medicine at Highland Hospital (medical supervision for switching to a plant-based diet for health/weight loss, especially important for those on insulin, other medications)
<https://www.urmc.rochester.edu/highland/departments-centers/lifestyle-medicine.aspx>
- o Thomas M. Campbell, MD (telemedicine currently, joining Lifestyle Medicine practice at Highland Hospital in 2023) <https://www.drcampbellmedicine.com/>

- Online

- o Food

- Easy meatless meals
<https://www.forksoverknives.com/recipes/vegan-menus-collections/easy-plant-based-recipes/>
- Happy Herbivore <https://happyherbivore.com/recipes/>
- Brand New Vegan food blog <https://www.brandnewvegan.com/>
- Vegan Richa food blog <https://www.veganricha.com/>
- Whole Food, Plant-Based Guide
<https://nutritionstudies.org/whole-food-plant-based-diet-guide/>
- Find a plant-based restaurant meal happycow.net/

- o Health

- Calorie Density (also lots of recipes and articles on this site)
<https://www.forksoverknives.com/wellness/the-calorie-density-approach-to-nutrition-and-lifelong-weight-management/>
- Nutritional Update for Physicians: Plant-Based Diets (brief summary article)
<https://www.thepermanentejournal.org/doi/10.7812/TPP/12-085>
- Position of the American Academy of Nutrition and Dietetics: Vegetarian Diets (review of dietary science and more briefly the environmental impact)
<https://www.eatrightpro.org/-/media/eatrightpro-files/practice/position-and-practice-papers/position-papers/vegetarian-diet.pdf>

- o Environment

- Meat and greenhouse gases
<https://www.theguardian.com/environment/2021/sep/13/meat-greenhouses-gases-food-production-study>
- Reducing food waste (“no-recipe” recipes for cleaning out your fridge, food preservation, and using reusable food storage) <https://zerowastechef.com/>