

Resources and Information for Beanalicious Living

Books

Information and advocacy

Diet for a Small Planet by Frances Moore Lappé

EcoMind: Changing the Way We Think, to Create the World We Want by Frances Moore Lappé

The Food Revolution: How Your Diet Can Help Save Your Life and Our World by John Robbins

Diet for a New America: How Your Food Choices Affect Your Health, Happiness and the Future of Life on Earth by John Robbins

In Defense of Food: An Eater's Manifesto by Michael Pollan

The Omnivore's Dilemma: A Natural History of Four Meals by Michael Pollan

Fast Food Nation: The Dark Side of the All-American Meal by Eric Schlosser

The Unhealthy Truth: One Mother's Shocking Investigation into the Dangers of America's Food Supply—and What Every Family Can Do to Protect Itself by Robyn O'Brien and Rachel Kranz

Righteous Porkchop: Finding a Life and Good Food Beyond Factory Farms by Nicolette Hahn Niman

Appetite for Profit: How the Food Industry Undermines Our Health and How to Fight Back by Michele Simon

The Willpower Instinct: How Self-control Works, Why It Matters, and What You Can Do to Get More of It by Kelly McGonigal, Ph.D.

Healthy living

The New Good Life: Living Better Than Ever in an Age of Less by John Robbins

Veganist: Lose Weight, Get Healthy, Change the World by Kathy Freston

Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, and Live Like You Mean It! by Kris Carr

The Happiness Diet: A Nutritional Prescription for a Sharp Brain, Balanced Mood, and Lean, Energized Body by Tyler Graham and Drew Ramsey, M.D.

Living Room Revolution: A Handbook for Conversation, Community and the Common Good by Cecile Andrews

Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-based Cure by Caldwell B. Esselstyn, Jr., M.D.

Body for Life: 12 Weeks to Mental and Physical Strength by Bill Phillips

Nutrition

Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating by Walter C. Willett, M.D., and P.J. Skerrett

The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss, and Long-term Health by T. Colin Campbell, Ph.D., and Thomas M. Campbell II

Forks Over Knives: The Plant-based Way to Health, edited by Gene Stone

Food Rules: An Eater's Manual by Michael Pollan

Superimmunity for Kids: What to Feed Your Children to Keep Them Healthy Now, and Prevent Disease in Their Future by Leo Galland, M.D., with Dian Dincin Buchman, Ph.D.

Thrive: The Vegan Nutrition Guide to Optimal Performance in Sports and Life by Brendan Brazier

The Complete Idiot's Guide to Plant-based Nutrition by Julieanna Hever, M.S., R.D., C.P.T.

What to Eat by Marion Nestle

Eat to Live: The Amazing Nutrient-rich Program for Fast and Sustained Weight Loss by Joel Fuhrman, M.D.

Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery by Dean Ornish, M.D.

The Sprouting Book: How to Grow and Use Sprouts to Maximize Your Health and Vitality by Ann Wigmore

The Encyclopedia of Healing Foods by Michael Murray, N.D., and Joseph Pizzorno, N.D., with Lara Pizzorno, M.A., L.M.T.

Breaking Free from Emotional Eating by Geneen Roth

101 Foods That Could Save Your Life by David Grotto, R.D., L.D.N.

Cookbooks

How to Cook Everything Vegetarian: Simple Meatless Recipes for Great Food by Mark Bittman

Food Matters: A Guide to Conscious Eating with More Than 75 Recipes by Mark Bittman

Moosewood Cookbook by Molly Katzen

The Sprouted Kitchen: A Tastier Take on Whole Foods by Sara Forte

Bean by Bean: A Cookbook by Crescent Dragonwagon

Forks Over Knives: The Cookbook: Over 300 Recipes for Plant-based Eating All Through the Year by Del Sroufe

Sproutman's Kitchen Garden Cookbook by Steve Meyerowitz

Milks Alive: 140 Delicious and Nutritious Recipes for Fresh Nut and Seed Milks by Rita Rivera

The Ayurvedic Vegan Kitchen: Finding Harmony Through Food by Talya Lutzker

Cookbooks for Kids

Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers and Up by Mollie Katzen and Ann. L. Henderson

Salad People and More Real Recipes: A New Cookbook for Preschoolers and Up by Mollie Katzen

Honest Pretzels: And 64 Other Amazing Recipes for Kids Who Love to Cook by Mollie Katzen

Once Upon a Recipe: Great Food for Kids of All Ages by Karen Green

Websites

Nutrition

Harvard School of Public Health
Healthy Eating Plate and Healthy Eating Pyramid
<http://www.hsph.harvard.edu/nutritionsource/pyramid>

Physicians Committee for Responsible Medicine
<http://www.pcrm.org>

Andrew Weil, M.D.
<http://www.drweil.com>

Nutrition Action Health Letter
<http://www.cspinet.org/nah>

Jeff Novick, M.S., R.D., L.D., L.N.
<http://www.jeffnovick.com>

Chef Jenny Brewer
<http://www.nourishingnutrition.com>

Weston A. Price Foundation
<http://www.westonaprice.org>

Information and advocacy

Meat Free Monday

<http://meatfreemondays.com/>

The Food Revolution Network
<http://www.foodrevolution.org>

Friends of the Earth
<http://www.foe.org>

Organic Consumers Association
<http://www.organicconsumers.org>

Environmental Working Group
<http://www.ewg.org>

Local living (and eating)

LocalHarvest
<http://www.localharvest.org>

Transition United States
<http://www.transitionus.org>

Edible Communities Publications
<http://www.ediblecommunities.com>

Recipes

Savvy Vegetarian
<http://www.savvyvegetarian.com>

VegNews
<http://www.vegnews.com>

Whole Living
<http://www.wholeliving.com>

Products and Supplies

Elizabeth Borelli's Green Sprout Kit
<http://www.ElizabethBorelli.com>

Mountain Rose Herbs
<http://www.mountainroseherbs.com>

Bragg Liquid Aminos
<http://www.bragg.com>

Organic India
<http://www.organicindia.com>

Mendocino Sea Vegetable Company
<http://www.seaweed.net>

HealthForce Nutritionals
<http://healthforce.com>