Resources for Teaching Students and Interns about Vegetarian and Vegan Diets

Books and Book Chapters


*Vegetarian Nutrition and Wellness* edited by Winston J. Craig, PhD, RD; 2018, CRC Press


* Becoming Vegan, Comprehensive Edition* by Brenda Davis, RD and Vesanto Melina, MS, RD; 2014, Book Publishing Company


Pediatric vegetarianism by Reed Mangels, PhD, RD in *Life Cycle Nutrition. An Evidence-based Approach, 2nd edition* by S. Edelstein; 2015, Jones and Bartlett Learning

Websites

The Vegetarian Resource Group [www.vrg.org](http://www.vrg.org) This extensive website provides nutrition information, client education materials, recipes, ingredient information, and much more.

Vegetarian Nutrition Dietetic Practice Group (some materials are only available to members) [www.vndpg.org](http://www.vndpg.org) RD Resources (fact sheets) on many topics for professionals and consumers.

Vegan Health [www.veganhealth.org](http://www.veganhealth.org) Created and maintained by RDs.

The Vegan RD [www.theveganrd.com](http://www.theveganrd.com) Consumer-friendly information from a widely-published RD.


Academy of Nutrition and Dietetics – both the Nutrition Care Manual and the Evidence Analysis have sections on vegetarian diets available to subscribers


Publications


*Vegetarian Nutrition Update* – quarterly publication of the Vegetarian Nutrition DPG. Back issues are available in the members’ section of the website.

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