

Nutrition - Food is Medicine

American College of Lifestyle Medicine _ Resources to assist you and your patients on your lifestyle medicine journey <https://lifestylemedicine.org/What-is-Lifestyle-Medicine> and <https://www.lifestylemedicine.org/Web-Based-Resources#DietNutrition>

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Nutrition – Whole Foods Plant-Based Diet

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Evidence-Based Eating Guide: A Healthy Living Resource from Dr. Greger & NutritionFacts.org at <https://nutritionfacts.org/healthkit/>

Vegan At Home Cookbook of the Physicians Committee for Responsible Medicine at <https://www.pcrm.org/news/blog/20-plant-based-pantry-staple-meals>

Plant-Based Nutrition Quick Start Guide. Plantrician Project at <https://plantricianproject.org/quickstartguide>

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