



Resources for Teaching Students and Interns about Vegetarian and Vegan Diets

Books and Book Chapters

The Dietitian's Guide to Vegetarian Diets: Issues and Applications, 3rd ed. by Reed Mangels, PhD, RD, Virginia Messina, MPH, RD, and Mark Messina, PhD; 2011, Jones and Bartlett Learning

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

Vegetarian Sports Nutrition by D. Enette Larson-Meyer, PhD, RD; 2007 (new edition in process), Human Kinetics.

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

Vegetarian diets in pregnancy by Reed Mangels, PhD, RD in *Handbook of Nutrition and Pregnancy*, 2nd edition edited by CJ Lammi-Keefe, S Couch, and JP Kirwan; 2018, Humana Press

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 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 RD Resources (fact sheets) on many topics for professionals and consumers.

Vegan Health www.veganhealth.org Created and maintained by RDs.

The Vegan RD www.theveganrd.com Consumer-friendly information from a widely-published RD.

Academy of Nutrition and Dietetics Position Paper: Vegetarian diets (2016) See www.eatrightpro.org – Position papers

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

Dietary Guidelines for Americans 2015-2020 Healthy Vegetarian Eating Pattern

<https://health.gov/dietaryguidelines/2015/guidelines/appendix-5/>

Publications

Vegetarian Journal – quarterly publication of The Vegetarian Resource Group. Back issues are available on the website.

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

Reed Mangels, PhD, RD

The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203

www.vrg.org; vrg@vrg.org; (410) 366-8343