

**Whole-Food, Plant-Based Nutrition:
Resources at the Indianapolis Public Library**
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Nutrition and Disease Prevention

Title	Author	Call Number	Publication Date
Healthy at Last: A Plant-Based Approach to Preventing and Reversing Diabetes and Other Chronic Illnesses	Adams, Eric L.	616.462 ADA	2020
Dr. Neal Barnard’s Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes without Drugs	Barnard, Neal D.	616.462 BAR 2017	2017
Power Foods for the Brain: An Effective 3-Step Plan to Protect Your Mind and Strengthen Your Memory	Barnard, Neal D.	616.83 BAR	2013
The Vegan Starter Kit	Barnard, Neal D.	613.262 BAR	2018
Your Body in Balance: The New Science of Food, Hormones, and Health	Barnard, Neal D./ Nixon, Lindsay S.	612.3 BAR	2020
Fiber Fueled: The Plant-Based Gut Health Program for Losing Weight, Restoring Your Health, and Optimizing Your Microbiome	Bulsiewicz, Will	613.263 BUL	2020
The China Study: The Most Comprehensive Study of Nutrition Ever Conducted	Campbell, T. Colin	613.2 CAM 2016	2016
The Future of Nutrition	Campbell, T. Colin	613.2 CAM	2020
The Campbell Plan: The Simple Way to Lose Weight and Reverse Illness, Using the China Study’s Whole-Food, Plant-Based Diet	Campbell, Thomas M., II	613.25 CAM	2015
Rethink Food: 100+ Doctors Can’t Be Wrong	Castle, Shushana	613.262 CAS	2014
Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It	Davis, Garth	613.282 DAV	2015
The Engine 2 Seven-Day Rescue Diet: Eat Plants, Lose Weight, Save Your Health	Esselstyn, Rip	613.25 ESS	2016
Plant-Strong: Discover the World’s Healthiest Diet—with 150 Engine 2 Recipes	Esselstyn, Rip	613.262 ESS	2015
Goodbye Autoimmune Disease: How to Prevent and Reverse Chronic Illness and Inflammatory Symptoms Using Supermarket Foods	Goldner, Brooke	616.978 GOL	2019
Goodbye Lupus: How a Medical Doctor Healed Herself Naturally with Supermarket Foods	Goldner, Brooke	616.772 GOL	2015
How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease	Greger, Michael	613.2 GRE	2015

How Not to Diet: The Groundbreaking Science of Healthy, Permanent Weight Loss	Greger, Michael	613.25 GRE	2019
Plant-Based Nutrition	Hever, Julieanna	613.262 HEV 2018	2018
The Plant-Based Solution: America's Healthy Heart Doc's Plan to Power Your Health	Kahn, Joel K.	613.2622 KAH	2018
Mastering Diabetes	Khambatta, Cyrus	616.462 KHA	2020
The Plant-Based Cookbook: Vegan, Gluten-Free, Oil-Free Recipes for Lifelong Health	Madden, Ashley	641.56362 MAD	2021
The Plant Power Doctor: A Simple Prescription for Long-Term Good Health and Vitality	Newman, Gemma	613.262 NEW	2021
Undo It! How Simple Lifestyle Changes Can Reverse Most Chronic Diseases	Ornish, Dean	616.044 ORN	2019
Disease Reversal Hope!: Real People. Real Stories.	Purjes, Dan / Stoll, Scott	616.39 PUR	2022
Nourish: The Definitive Plant-Based Nutrition Guide for Families	Shah, Reshma	613.2 SHA	2020
The Alzheimer's Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age	Sherzai, Dean	616.8311 SHE	2017
What's Missing from Medicine: Six Lifestyle Changes to Overcome Chronic Illness	Stancic, Saray	616.044 STA	2021
What the Health	Wong, Eunice	615.1 WON 2017	2017

Cookbooks

Title	Author	Call Number	Publication Date
Dr. Neal Barnard's Cookbook for Reversing Diabetes: 150 Recipes Scientifically Proven to Reverse Diabetes without Drugs	Barnard, Neal D./ Burton, Dreena	641.56314 BAR	2018
Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes	Burton, Dreena	641.5636 BUR	2015
The China Study All-Star Collection: Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs	Campbell, LeAnne (Ed.)	641.5636 CHI	2014
The China Study Cookbook	Campbell, LeAnne	641.56362 CAM 2018	2018
The Kick Diabetes Cookbook: An Action Plan and Recipes for Defeating Diabetes	Davis, Brenda	641.56314 DAV	2018
The Vegan 8: 100 Simple, Delicious Recipes Made with 8 Ingredients or Less	Doming, Brandi	641.56362 DOM	2018
Be a Plant-Based Woman Warrior: Live Fierce, Stay Bold, Eat Delicious	Esselstyn, Jane / Esselstyn, Ann Crile	641.5636 ESS	2022

The Engine 2 Cookbook: More than 130 Lip-Smacking, Rib-Sticking, Body-Slimming Recipes to Live Plant-Strong	Esselstyn, Rip	641.5636 ESS	2017
Straight Up Food: Delicious and Easy Plant-Based Cooking without Salt, Oil or Sugar	Fisher, Cathy J.	641.5636 FIS	2016
The How Not to Die Cookbook: 100+ Recipes to Help Prevent and Reverse Disease	Greger, Michael	641.563 GRE	2017
The How Not to Diet Cookbook: 100+ Recipes for Healthy, Permanent Weight Loss	Greger, Michael	641.563 GRE	2020
The Healthspan Solution: How and What to Eat to Add Life to Your Years	Hever, Julieanna / Cronise, Raymond J.	641.56362 HEV	2019
A Plant-Based Life: Your Complete Guide to Great Food, Radiant Health, Boundless Energy, and a Better Body	Karlsen, Micaela Cook	641.5636 KAR	2016
The Happy Herbivore Guide to Plant-Based Living	Nixon, Lindsay S.	641.5636 NIX	2015
Happy Herbivore Light & Lean: Over 150 Low-Calorie Recipes with Workout Plans for Looking and Feeling Great	Nixon, Lindsay S.	641.5635 NIX	2013
Forks Over Knives Family: Every Parent's Guide to Raising Healthy, Happy Kids on a Whole-Food, Plant-Based Diet	Pulde, Alona	641.5637 PUL	2016
The Forks Over Knives Plan: How to Transition to the Life-Saving, Whole-Food, Plant-Based Diet	Pulde, Alona	641.5636 PUL	2014
Naked Food Magazine's Master Plants Cookbook: The 33 Most Healing Superfoods for Optimum Health	Restrepo, Margarita	641.5637 RES	2016
Better Than Vegan: 101 Favorite Low-Fat, Plant-Based Recipes That Helped Me Lose Over 200 Pounds	Sroufe, Del	641.5636 SRO	2013
The China Study Family Cookbook: 100 Recipes to Bring Your Family to the Plant-Based Table	Sroufe, Del	641.5636 SRO	2017
The China Study Quick & Easy Cookbook: Cook Once, Eat All Week with Whole Food, Plant-Based Recipes	Sroufe, Del	641.512 SRO	2015
Forks Over Knives: The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year	Sroufe, Del	641.5636 SRO	2012
Forks Over Knives: Flavor! Delicious, Whole-Food, Plant-Based Recipes to Cook Every Day	Thacker, Darshana	641.5636 THA	2018
What the Health Cookbook	Wade-Hak, Harmony	641.5636 WAD	2017

Videos

Title	Call Number	Release Date
Code Blue	DVD 610.92 COD	2020
Disease Reversal Hope!	DVD 616.044 HOP	2022
Eating You Alive	DVD 613.262 EAT	2018
Forks Over Knives	DVD 613.2 FOR	2011
PlantPure Nation	DVD 613.2 PLA	2015
The Game Changers	DVD 613.2 GAM	2019
What the Health	DVD 372.373 WHA	2017