



Helpful Resources



Use these resources to build your own knowledge or share with your team as you make the case for replacing meat on the menu.

Helpful websites

Nutrition Facts, [NutritionFacts.org](https://www.nutritionfacts.org)

Physicians Committee for Responsible Medicine, [PCRM.org](https://www.pcrm.org)

Peer-Reviewed Studies

The Journal of American Osteopathic Association, "Is Meat Killing Us?"

New England Journal of Medicine, "Association of Changes in Diet Quality with Total and Cause-Specific Mortality"

For additional peer-reviewed studies, please email info@balanced.org

Recommendations from Leading Healthcare Organizations

American Medical Association Resolution, <https://bit.ly/2lwTBHN>

American College of Cardiology Resolution, <https://bit.ly/2lxtJeM>

Kaiser Permanente Guide for Employers, <https://k-p.li/2nk1B86>

The MAYO Clinic, "Boiling Down the Dietary Guidelines"

Obesity Action Coalition, "Rethink Your Plate"

Defeat Diabetes, "My Plate"