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Fri, 27 Nov 2015 11:58:00 GMT - The skeptical cardiologist has heard a few cardiologist colleagues rave about the movie "Forks Over Knives" and promote the so-called "whole-foods, plant based diet."

The Incredibly Bad Science Behind Dr. Esselstyn's Plant ...-

Wed, 08 Aug 2018 21:58:00 GMT - When placed head-to-head against the American Diabetes Association diet, how do plant-based diets fare in terms of not only blood sugar, body weight, and cholesterol control, but also mood and quality of life?

Plant-Based Diets for Diabetes | NutritionFacts.org -

Thu, 15 May 2014 21:59:00 GMT - Soy products are among the richest sources of protein in a plant-based diet. The protein content varies with how the soy is prepared: firm tofu (soybean curds) contains about 10 g of protein per ½ cup

15 best plant-based protein foods - medicalnewstoday.com -

Fri, 18 Sep 2015 10:58:00 GMT - What to eat on the Forks Over Knives diet, a plan that doesn't believe in counting calories. Instead, you eat delicious, healthy whole plant-based foods.

The Forks Over Knives Diet Explained | Frequently Asked ... -

Thu, 02 Aug 2018 02:10:00 GMT - The most comprehensive controlled trial of diet and mood finds that a plant-based nutrition program in a workplace setting across ten corporate sites significantly improves depression, anxiety, and productivity.

Plant-Based Diets for Improved Mood & Productivity ... -

Fri, 27 Jul 2018 04:12:00 GMT - Veganism is the practice of abstaining from the use of animal products, particularly in diet, and an associated philosophy that rejects the commodity status of animals. A follower of either the diet or the philosophy is known as a vegan (/ ˈvɛːn i ˈiːn /)