

**Updated: December 2, 2016**

**Disclaimer:** My goal with this list is to produce as comprehensive a resource for health/medical groups and associations that advocate for a whole-food, plant-based diet.

Veganism is not a diet, a health plan or a fitness regimen. It's a social justice movement concerned with eliminating the intentional exploitation of nonhuman animals by human animals. However, people need to be informed about the health benefits and risks of consuming different substances.

Almost every major medical organization now promotes the fact that humans are healthier on a plants-only diet than one with animal substances in it:

1) **The Academy of Nutrition and Dietetics** (formerly The American Dietetic Association): the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

*"It is the position of the American Dietetic Association that appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases. Well-planned vegetarian diets are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes."*

[http://www.andjrn.org/article/S2212-2672\(16\)31192-3/fulltext](http://www.andjrn.org/article/S2212-2672(16)31192-3/fulltext)

<http://www.ncbi.nlm.nih.gov/pubmed/19562864>

2) **The Mayo Clinic:** the first and largest integrated not-for-profit medical group practice in the world, employing more than 3,800 physicians and scientists and 50,900 allied health staff. It spends \$500 million dollars on research a year.

*"A well-planned vegetarian diet can meet the needs of people of all ages, including children, teenagers, and pregnant or breast-feeding women. The key is to be aware of your nutritional needs so that you plan a diet that meets them."*

<http://www.mayoclinic.com/health/vegetarian-diet/HQ01596>

3) **Dietitians of Canada (DC):** is the national professional association for dietitians, representing almost 6000 members at the local, provincial and national levels. DC is one of the largest organizations of dietetic professionals in the world.

*"A vegan eating pattern has many potential health benefits. They include lower rates of obesity, heart disease, high blood pressure, type 2 diabetes and certain types of cancer. Other benefits include lower blood cholesterol levels and a lower risk for gallstones and intestinal problems."*

<http://www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Vegetarian/Eating-Guidelines-for-Vegans.aspx>

4) **The British National Health Service (NHS):** is the largest and the oldest single-payer healthcare system in the world. It provides the majority of healthcare in England.

*"With good planning and an understanding of what makes up a healthy, balanced vegan diet, you can get all the nutrients your body needs."*

<http://www.nhs.uk/Livewell/Vegetarianhealth/Pages/Vegandiets.aspx>

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5) **The British Nutrition Foundation (BNF)**: team of nutrition scientists that conducts academic reviews of published research on issues of diet and public health. Aims to to advance the education of the public, and those involved in the training and education of others, in nutrition; and to advance the study of and research into nutrition for the public benefit, and to disseminate and publish the useful results of such research.

*“A well-planned, balanced vegetarian or vegan diet can be nutritionally adequate...”*

*“Studies of UK vegetarian and vegan children have revealed that their growth and development are within the normal range.”*

<http://www.nutrition.org.uk/publications/briefingpapers/vegetarian-nutrition>

6) **The Dietitians Association of Australia (DAA)**: is the peak body of 5,100 dietetic and nutrition professionals providing strategic leadership in food and nutrition through empowerment, advocacy, education, accreditation and communication.

*“...with good planning it is still possible to obtain all the nutrients required for good health on a vegan diet.”*

<http://daa.asn.au/for-the-public/smart-eating-for-you/nutrition-a-z/vegan-diets>

7) **The Center for Nutrition Policy and Promotion (CNPP)**: a branch of the USDA that aims to improve the nutrition and well-being of Americans by focusing on advancing and promoting dietary guidance for all Americans, and conducting applied research and analysis in nutrition and consumer economics.

*“Vegetarian diets can meet all the recommendations for nutrients.”*

<http://www.choosemyplate.gov/healthy-eating-tips/tips-for-vegetarian.html>

8) **The National Institutes of Health (NIH)**: comprised of 27 separate institutes and centers, and with an annual spending of around \$26 billion, NIH is the primary agency of the United States government responsible for biomedical and health-related research.

*“There is no single type of vegetarian diet...People who follow vegetarian diets can get all the nutrients they need.”*

<http://www.nlm.nih.gov/medlineplus/vegetariandiet.html>

9) **American Heart Association (AHA)**: with 22.5 million volunteers and 2,700 employees, AHA is the nation’s oldest, largest voluntary organization devoted to fighting cardiovascular diseases and stroke.

*“Many studies have shown that vegetarians seem to have a lower risk of obesity, coronary heart disease (which causes heart attack), high blood pressure, diabetes mellitus and some forms of cancer.”*

[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Vegetarian-Diets\\_UCM\\_306032\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Vegetarian-Diets_UCM_306032_Article.jsp)

10) **Heart and Stroke Foundation (HSF)**: having invested over \$1.35 billion in heart and stroke research, HSF is one of Canada’s largest and most effective health charities.

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*“Vegetarian diets can provide all the nutrients you need at any age, as well as some additional health benefits. Vegetarian diets often have lower levels of total fat, saturated fat and cholesterol than many meat-based diets, and higher intakes of fibre, magnesium, potassium, folate and antioxidants such as vitamins C and E. Vegetarian diets may lead to lower blood pressure, improved cholesterol levels, healthier weight and less incidence of Type 2 diabetes, all of which can reduce the risk of heart disease and stroke.”*

[http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.3484249/k.2F6C/Healthy\\_living\\_Vegetarian\\_diets.htm](http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.3484249/k.2F6C/Healthy_living_Vegetarian_diets.htm)

11) **American Diabetes Association (ADA)**: with 90 local offices across the US, the ADA utilizes 73% of its \$34.6 million in fund raising (2012) to support research and projects concerning diabetes.

*“A vegetarian diet is a healthy option, even if you have diabetes. Research supports that following this type of diet can help prevent and manage diabetes. In fact, research on vegan diets has found that carbohydrate and calorie restrictions were not necessary and still promoted weight loss and lowered participants’ A1C.”*

<http://www.diabetes.org/food-and-fitness/food/planning-meals/meal-planning-for-vegetarians>

12) **The Perelman School of Medicine (Penn Med)**: a medical school ranked second for research in 2012.

*“A well-planned vegetarian diet can give you good nutrition. A vegetarian diet often helps you have better health. Eating a vegetarian diet can help you: [r]educe your chance of obesity; [r]educe your risk of heart disease; [l]ower your blood pressure; [l]ower your risk of type 2 diabetes.”*

[http://www.pennmedicine.org/encyclopedia/em\\_DisplayArticle.aspx?gclid=002465&ptid=1](http://www.pennmedicine.org/encyclopedia/em_DisplayArticle.aspx?gclid=002465&ptid=1)

13) **Cleveland Clinic**: is regarded as one of the top hospital in the United States. With around 1,700 staff physicians representing 120 medical specialties, this hospital helps patients not only from all 50 states, but from more than 100 other nations.

*“There really are no disadvantages to a herbivorous diet! A plant-based diet has many health benefits, including lowering the risk for heart disease, hypertension, Type 2 diabetes, and cancer. It can also help lower cholesterol and blood pressure levels, plus maintain weight and bone health.”*

<http://my.clevelandclinic.org/heart/prevention/nutrition/food-choices/understanding-vegetarianism.aspx>

14) **University of Pittsburgh Medical Center (UPMC)**: with 4,200 licensed beds and 400 outpatient sites, UPMC is one of the largest medical centers in the world.

*“If properly planned, a vegan diet can provide all the nutrients you need. In general, people who don’t eat meat: Weigh less than people who eat meat. Are less likely to die of heart disease. Have lower cholesterol levels. Are less likely to get: High blood pressure. Prostate cancer. Colon cancer. Type 2 diabetes.”*

<http://www.upmc.com/health-library/Pages/HealthwiseIndex.aspx?qid=abq2485>

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15) **The Ronald Reagan UCLA Medical Center (UCLA):** having research centers covering nearly all major specialties of medicine, UCLA is considered one of the top three hospitals in the US. This hospital has been ranked in the top twenty in 15 of the 16 medical specialties ranked in the US News ranking.

*“Some of the health benefits of a vegetarian diet may include: [d]ecreased blood cholesterol levels; and blood pressure; [l]ower incidence of heart disease, some forms of cancer, and digestive disorders like constipation and diverticula disease; [l]ower incidence of obesity and some forms of diabetes.”*

[http://www.dining.ucla.edu/housing\\_site/dining/SNAC\\_pdf/Vegetarianism.pdf](http://www.dining.ucla.edu/housing_site/dining/SNAC_pdf/Vegetarianism.pdf)

16) **Kaiser Permanente:** the largest managed care organization in the United States, published an article supporting the adoption of a plant-based diet earlier this spring.

*“Healthy eating may be best achieved with a plant-based diet, which we define as a regimen that encourages whole, plant-based foods and discourages meats, dairy products, and eggs as well as all refined and processed foods. We present a case study as an example of the potential health benefits of such a diet. Research shows that plant-based diets are cost-effective, low-risk interventions that may lower body mass index, blood pressure, HbA1C, and cholesterol levels. They may also reduce the number of medications needed to treat chronic diseases and lower ischemic heart disease mortality rates. Physicians should consider recommending a plant-based diet to all their patients, especially those with high blood pressure, diabetes, cardiovascular disease, or obesity.”*

<http://www.thepermanentejournal.org/issues/2013/spring/5117-nutrition.html>

\*\*\* A follow up written by Dr. John McDougall and his son, Dr. Craig McDougall concerning Kaiser Permanente’s warning about potential nutrient deficiencies:

*“In our experience of treating more than 5000 patients with a low-fat, whole foods, plant-based (vegan) diet, with follow-up lasting as long as 28 years, we have not seen any deficiencies of protein, iron, calcium, or essential fatty acids.”*

<http://www.thepermanentejournal.org/.../fall/5552-diet.html>

17) **British Dietetic Association:** The British Dietetic Association (BDA) is the only body in the UK representing the whole of the dietetic workforce... Founded in 1936, we are one of the oldest and most experienced dietetic organisations in the world... We provide a large amount of information for anyone interested in food and nutrition as well as dietetics as a career... Registered dietitians are qualified health professionals that assess, diagnose and treat diet and nutrition problems at an individual and wider public health level.

*“Well planned vegetarian diets can be both nutritious and healthy. They have been associated with lower risks of heart disease, type 2 diabetes, obesity, certain types of cancer and lower blood cholesterol levels.”*

<http://www.bda.uk.com/foodfacts/vegetarianfoodfacts.pdf>

18) **Dr Michael Greger, MD:** a physician, author, and internationally recognized speaker on a number of important public health issues. All proceeds from his speaking engagements and the sale of his books and DVDs are donated to his 501(c)3 nonprofit [NutritionFacts.org](http://NutritionFacts.org), the first science-based, non-commercial website to provide free daily videos and articles on the latest discoveries in nutrition.

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*“These are the top 15 causes of death, and a plant based diet can prevent nearly all of them, can help treat more than half of them, and in some cases even reverse the progression of disease, including our top three killers.”*

<http://nutritionfacts.org/video/uprooting-the-leading-causes-of-death>

**19) Walter Willet, Chair of Harvard’s nutrition department:** Founded in 1942, the Department of Nutrition has a long and respected history both nationally and internationally. As a component within the Harvard medical community, the department engages in a wide range of collaborative projects with scientists in other departments and institutions... The school has over 350 faculty members and nine academic departments representing major biomedical and social disciplines... The department has made significant contributions toward an understanding of the relationships between nutrition, heart disease and cancer; the relationships between dietary and genetic factors and obesity; and the uptake, balance, and requirements for dietary components. Department faculty members are currently conducting the largest detailed studies of relationships between dietary factors and major diseases. Already many important findings have emerged for breast and colon cancer, coronary heart disease, and diabetes.

*“Humans have no nutritional requirement for animal milk, an evolutionarily recent addition to the diet,”* Willett and his co-author, David Ludwig, of Boston Children’s Hospital, wrote in an article published last September in the journal, JAMA Pediatrics. *“... the recommendation for three servings of milk per day is not justified and is likely to cause harm to some people. The primary justification is bone health and reduction of fractures. However, prospective studies and randomized trials have consistently shown no relation between milk intake and risk of fractures. On the other hand, many studies have shown a relation between high milk intake and risk of fatal or metastatic prostate cancer, and this can be explained by the fact that milk intake increases blood levels of IGF-1, a growth-promoting hormone.”*

<http://archpedi.jamanetwork.com/article.aspx?articleid=1704826&resultClick=3>

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Special thanks to: <https://legacyofpythagoras.wordpress.com/2014/06/15/do-doctors-think/>