

# 2025

# Retrospective

A YEAR IN REVIEW



T. COLIN  
CAMPBELL  
Center for  
Nutrition Studies



**“Good nutrition creates health  
in all areas of our existence.”**

*~ T. Colin Campbell, PhD*

# About Us

The [T. Colin Campbell Center for Nutrition Studies](#) (CNS) is a 501(c)3 nonprofit organization committed to increasing awareness of the extraordinary impact that food has on the health of our bodies, our communities, and our planet. Through science-based education, service, and advocacy, we seek to inspire and connect all people, providing practical solutions to enable a healthier life, more equitable communities, and a sustainable world.

CNS has been at the epicenter of plant-based nutrition education for the best part of two decades. Our premier offering is the Plant-Based Nutrition Certificate Program, authored by T. Colin Campbell, PhD. The certificate, which builds on the lectures from and research in Dr. Campbell's former course on vegetarian nutrition at Cornell University, was created and organized to meet the popular demand from his former students who sought to make this potentially life-saving research accessible to a wider audience.

Dr. Campbell is the internationally preeminent authority on the relationship between diet, nutrition, and lifestyle-related disease. He holds an endowed chair as the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry in Cornell's Division of Nutritional Sciences. His career highlights include receiving numerous lifetime achievement awards (American College of Lifestyle Medicine, American Institute for Cancer Research, and more); authoring more than 350 research papers, most of them peer-reviewed, and several best-selling books (most notably, *The China Study*); and directing a joint project between Cornell University, Oxford University, and the China Academy of Preventive Medicine, described as the "grand prix of human epidemiology."

CNS remains committed to building on this legacy. Our goal is to reach as many people as possible and to maximize our positive impact. In addition to the core content provided in our Plant-Based Nutrition Certificate, which has now reached over 24,000 students worldwide, we offer numerous other programs, courses, events, and resources. This includes our Food and Sustainability Certificate program, unique in-person wellness and cooking retreats, the Planetary Stewards Program (in partnership with Global Roots), free-to-join online communities, cooking courses, a free entry-level course, and a growing library of more than 1,000 articles and recipes.

Are we done? Absolutely not. We continue to develop and fine-tune new programs.



## Digital Presence

(Reporting Period:  
January–November 2025)

**Website:** <https://www.>

Articles & Recipes: 2 million page views



1,013 English articles  
857 Spanish articles



760 English recipes  
731 Spanish recipes



**Weekly newsletters on timely topics:**

>12,740,713 emails sent

**YouTube channel:**



22 videos created

11,300 hours viewed by our community



**Spotlight on Health (SOH) free webinar registrations:**

10,479

**Whole Communities and CNS Kitchen online communities:**



nearly 22,461 members to date

**Facebook impressions:**



7.31 million

**Instagram impressions:**



761,500



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# Core Programs: Educational Opportunities

## Plant-Based Nutrition Certificate Program (*more than 24,000 graduates*)



The Plant-Based Nutrition Certificate has been CNS's flagship offering for well over a decade. Building on the work and research of Dr. T. Colin Campbell, it remains the premier program for students of nutrition, health care professionals, aspiring plant-based entrepreneurs, and anyone else with a passion for personal health and the science behind a plant-based diet.

Composed of three parts, the certificate program is fully online, on demand, and video based. Students can earn continuing education credits while learning from over 25 experts on numerous topics critical to plant-based nutrition today, including the following:

- Dr. T. Colin Campbell's 8 Principles of Food and Health
- Nutrition's role in chronic disease, including cancer, heart disease, diabetes, Alzheimer's, and autoimmune disorders
- Nutrition at each life stage, from pregnancy through adulthood
- Strategies to support sustainable, positive lifestyle change and to inspire others
- The optimal diet and particular concerns for athletes



Thousands of students have applied the information from the certificate program to improve their health, help others, and even transform their careers. To guarantee that everyone gets the best possible experience and the most up-to-date, scientifically valid information, we periodically refresh the certificate program. This ensures the program remains as much of an industry leader today as it was when we first released it.



In that spirit, we have many exciting updates coming in 2026 that address the evolving needs of our students. This includes revisions to existing content and substantial additions from experts on several of the trendiest topics in nutrition today, including omega-3 fatty acids,



women's health, bone health, kidney disease, protein needs for older athletes, ultraprocessed foods, and so-called antinutrients.

We also appreciate that our graduates are a passionate group and that many of them go on to advocate for change in their communities. Several of the updates planned for 2026 are designed to help students do this more effectively. This includes fresh opportunities for students to hone their critical evaluation skills and new high-quality downloadables to share with others.

As always, we are incredibly proud of the high quality of our Plant-Based Nutrition Certificate, and we cannot wait for students to have access to the updates in 2026. Every student currently enrolled in the certificate program (plus past students who have chosen to maintain access) will also be able to enjoy these and future updates.

➤ Visit <https://nutritionstudies.org/courses/plant-based-nutrition> for more information.

## Testimonials

*I chose the Center for Nutrition Studies Plant-Based Nutrition Certificate. I wanted this course because I felt a certification in plant-based nutrition would give me the credential and information I need to move forward and teach classes at my local library. I want to motivate others to eat a WFPB diet . . . I highly recommend this course to anyone wanting to deepen their knowledge of the science and benefits of a plant-based diet.*

*I really enjoyed how responsive the staff was with their comments and encouragement as I worked through the assignments.*

**–Lori Vitello**

*As a preventive medicine physician, I already had some background on whole-food, plant-based diets, but I wanted a stronger and more structured foundation. The T. Colin Campbell Plant-Based Nutrition Certificate more than delivered on that goal.*

*The lectures were evidence based, engaging, and highly relevant to both clinical practice and public health. They provided a level of depth and clarity that I believe should be required curriculum in every medical school. Physicians cannot ignore the central role of nutrition in preventing and managing disease, and this program makes that case convincingly.*

**–Dr. Tista Ghosh**



*Taking this plant-based nutrition certification has been a transformative experience. It has completely reshaped the way I approach cooking and how I think about physical activity. The information provided is essential and deeply impactful, offering a comprehensive understanding of plant-based nutrition.*

*The [program] provided me with such great knowledge. Knowing about all different types of foods that nourish our body and help prevent disease was really eye opening. Something that really amazed me was learning how you really do not need so much protein in order to build muscle. As someone who loves to workout, the tips that were provided in the module with nutrition and fitness were my favorite. I really think that even if someone is not plant-based they should take this course. It provides so much knowledge that one can change their eating habits. [An] overall great course that I truly enjoyed.*

*–Alejandra Mora*

*During this inspiring course, I learned that many colleagues around the world share the same goal: guiding humanity toward a healthier future where non-communicable diseases are largely prevented and people enjoy good health throughout life. This can be achieved by returning to whole-food, plant-based diets aligned with our genetic design. I strongly recommend the PBNC to doctors, medical students, and all health professionals, especially given the urgent link between diet and climate change. What I enjoyed most were the excellent lectures, particularly from leaders like Dean Ornish, Caldwell Esselstyn, and others, which helped me connect clinical practice with planetary health.*

*–Dr. Mark Bura*

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## Food & Sustainability Certificate Program

Our Food & Sustainability Certificate ties together several of the most pressing issues facing us today: the environmental impacts of food production, the importance of food justice and accessibility, the complexity of international food systems, and most importantly, the positive changes we can make every day with our food choices.

As with our Plant-Based Nutrition Certificate, multiple courses make up this unique certificate program. Guided by the expertise of more than fifteen internationally renowned food system experts, students dive deep into numerous topics:



- How to achieve a sustainable lifestyle
- The challenges facing global food production and its impact on natural ecosystems
- How to mitigate food waste
- Sustainable approaches to agriculture
- Community food systems and activism
- Sustainable business practices
- And much more!

The intersection of our food choices and our environmental impact has never been more critical. CNS is committed to leading the way in making this connection salient for the largest possible audience.

Toward that end, we have now been publishing our food and sustainability newsletter for a year; in this newsletter, we explore some of the most critical connections between the foods we produce and consume and the health of the planet. We have examined how food systems drive many of the most urgent environmental challenges while also offering some of the clearest pathways for repairing ecosystems. Our coverage has spanned a wide range of issues, from food's impact on aquatic ecosystems and the scale of food waste to pesticide use and deforestation tied to agricultural expansion. We have tackled heavy-hitting topics, including how food production has pushed humanity beyond seven of the nine planetary boundaries and led us toward calamitous tipping points.

These subjects are not easy. Grappling with planetary boundary overshoot or the accelerating loss of biodiversity can be heartbreaking and overwhelming. For many of us, these topics are deeply personal. Yet confronting these realities together also creates space for something powerful: a shared resolve to build food systems that are more regenerative, equitable, and life affirming. This is why, in addition to highlighting the challenges, we have worked to identify the actions and pathways that make transformation possible. Understanding how food shapes the environment also deepens our understanding of food's role in our own health, revealing these systems as inseparable parts of a larger whole.



Looking ahead, we will continue delivering these critical insights in greater depth through our soon-to-be-updated Food and Sustainability Certificate. The program features videos from more than fifteen experts, alongside perspectives from numerous organizations working to build food systems that are regenerative, equitable, and healthy. The course provides students with a foundational understanding of how food production impacts the environment. It then moves deeper into how the food system is structured to produce these outcomes. It focuses on practical pathways for change, helping students understand how we can work together to remake a food system that operates within planetary boundaries while providing healthy food for all. The updated program will incorporate the most current research, revised assignments that better contextualize the environmental impacts of food within participants' own communities, and an expanding library of downloadable guides designed to support action at both individual and community levels.

➤ Visit <https://nutritionstudies.org/courses/food-and-sustainability> for more information.

## Testimonials

*I have learned so many different things from this course. Steven Disla is a great instructor and his feedback on the assignments was very insightful. All the videos are very informative and knowledgeable. I just wish that as individuals we are able to do more to help out in changing the way people live . . . This has not been taught in our school systems and the advertisement we are all aware of. Thank you for all of this valuable information provided in this course.*

*–Jose Madeira*

*[This certificate] allowed me to realize the scale of ecological damage caused by modern farming and relate farm workers' rights and food justice with our food system. These are the things I have never explored in such depth and sophistication . . . I deeply thank all lecturers in this program for making efforts to share their expert knowledge on sustainable agriculture and I feel gratitude to have learnt more and deeper than I had expected before. Food science incorporated into sustainability is truly meaningful and is an indispensable scientific topic to help mitigate climate changes and promote recovery to the planet and human health.*

*I look forward to sharing and achieving more on my future journey towards a healthy sustainable living at Whole Communities and I wish CNS and members continued success in nutritional education and health advocacy.*

*–Ali Siu (SIU YING-LAM)*

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## Whole Food, Plant-Based Cooking: A Beginner's Course

Understanding the scientific evidence supporting the whole food, plant-based (WFPB) dietary lifestyle is one thing. Knowing how to apply that information is something else entirely. We created this course to help anyone who is struggling in the kitchen.

After completing this course, students have what it takes to confidently prepare WFPB meals:



- Proficiency with basic cooking techniques
- Ability to read and execute recipes
- Understanding of mise en place and how to use it in their cooking
- Competence to make substitutions for eggs, dairy, or oil
- Improved organization of the kitchen and cooking process

➤ Visit <https://nutritionstudies.org/courses/wfpb-cooking-beginners> for more information.

### Testimonials

*I felt like this course has given me more confidence in cooking for the future. I have eaten a plant based diet for years but never felt like I was a good cook. I like the recipes because they are simple and are also tasty.*

*–Karla P.*

*This course was exactly what I needed to learn oil-free and low-sugar cooking. I discovered new techniques, loved the recipe videos, and gained practical kitchen skills. Chef Del and Sharme's kind feedback kept me motivated. I'm so grateful to have found this wonderful course.*

*–Chris G.*

*I just completed the CNS Beginners WFPB Cooking Course and learned many new techniques, even as an experienced cook. The lessons are clear, the videos excellent, and the printable recipes so helpful. I highly recommend this course for both beginners and seasoned cooks alike.*

*– Sarah B.*

*This course has completely changed how I cook and think about food. I've rediscovered the basics, explored new flavors, and even earned my first chef's knife! Transitioning to a WFPB lifestyle has already brought dramatic health improvements, and I'm excited to see what's next.*  
–Laura B.

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## Whole Food, Plant-Based Cooking: Meal Planning Made Easy

This course addresses the most common needs people have and the challenges they face when approaching meal planning. After completing the course, students report feeling more confident and capable in the kitchen. We focus on several essential skills:



- Determining which meal planning strategy works best given various circumstances
- Creating weekly menus to minimize cooking time
- Organizing the kitchen for successful batch cooking
- Using a few versatile sauces to prepare multiple dishes when time is limited
- Making creative use of prepared foods while maintaining a wholesome WFPB lifestyle
- Adapting strategies to suit the unique needs of your household

➤ Visit <https://nutritionstudies.org/courses/wfpb-cooking-meal-planning> for more information.

### Testimonials

*This course has completely transformed my cooking. I've learned practical techniques like making sauces from scratch, cooking without oil, and organizing with mise en place. Meal planning is now enjoyable, my kitchen runs smoothly, and I feel confident living a whole food, plant-based lifestyle. Thank you, Chef Del and team!"*

–Carol S.

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*This course was terrific! The lessons flowed beautifully, the recipes were practical and delicious, and Chef Del's guidance made it personal and inspiring. The supportive community and lifetime access add incredible value. It truly changed how I approach meal planning. I highly recommend it to anyone seeking lasting success.*

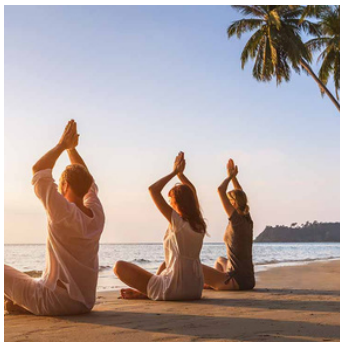
–Marc E.

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*Thank you for offering such a simple, practical course to support a healthy lifestyle. Chef Del's approach to shopping, meal planning, and preparation makes transitioning to a whole food, plant-based diet easy. The recipes are delicious, straightforward, and perfect for building lasting habits.*

– Camille V.

## In-Person Wellness Immersions



This year, we once again hosted several successful in-person wellness events. Our Total Health Experience immersion programs were the largest of these events. Hosted in the Dominican Republic in May and October, these events helped participants reconnect with their health and wellness goals and feel for themselves the rapid effects of a healthy plant-based lifestyle.

You might wonder how much better a person can feel after such a short time of changing their diet. The answer might surprise you: immersion program participants often experience significant health improvements in as little as one week.



In addition to this firsthand experience of improved health, participants enjoyed the support of a welcoming, like-minded community and a renowned medical team with years of experience treating patients with a wide range of diet-related illnesses. Finally, participants had numerous opportunities to learn about and work on other critical aspects of a healthy lifestyle, including mindful movement and stress management.

### Testimonials

*One of the reasons we wanted to come to the CNS Retreat was to hopefully make friends that we might continue with after the retreat. I do think that we accomplished this. We met so many wonderful people. It was hard to say goodbye to them all. But, I feel that we will be keeping in touch, and even visiting with one couple who lives fairly near us. It was very helpful to have advice from plant-based doctors about our specific medical concerns. The doctors and presenters were all very compassionate and helpful. We learned so much valuable information, made friends, enjoyed good food, and experienced a new culture. It was a beautiful experience, and we hope to do it again sometime.*

*–October 2025 Retreat Participant Survey*

*A must attend event to learn how we can take care of ourselves and this beautiful but very fragile planet we have been gifted.*

*–October 2025 Retreat Participant Survey*

*Not only did I appreciate the health and wellness aspect of the retreat, I also appreciated the thoughtful excursions organized. They gave us a chance to connect with the culture and history of the country we were in, which added a special dimension to the retreat. Each outing felt well-curated and enriching—an ideal complement to the wellness-focused sessions.*

*– May 2025 Retreat Participant Survey*



## Live Virtual Cook Along Classes



These hands-on whole food, plant-based cooking sessions provide structured instruction led by Chef Del Sroufe. With participants engaging from their own kitchens, each class emphasizes practical techniques for preparing nutritious meals using whole ingredients. Participants follow each step in real time and prepare the full recipe alongside Chef Del, with opportunities to ask questions and receive clarification throughout the session.

Instruction focuses on efficient preparation, foundational skills, and methods for developing robust flavor without oil or highly processed ingredients. The classes also address common challenges in plant-based cooking, including effective ingredient organization, time management, and strategies for creating satisfying textures and balanced seasoning. Participants strengthen their ability to incorporate these techniques into everyday cooking routines.

A supplementary e-book accompanies each session. It includes additional recipes, technique notes, and additional resources to support continued learning. This series serves individuals who are new to plant-based cooking as well as those seeking to expand their existing knowledge.

➤ Visit <https://nutritionstudies.org/cook-along-classes> for more information.

### Testimonials

*Wow! I have just read through all the class materials, and once again, Sharme and Chef Del have done an amazing job of putting together thorough information in preparation for this class. Thank you so much! This is great information, and it will help me be ready for Saturday.*

*–Marcia K.*

*It was an excellent class on Saturday. Bread baking is a task. Everyone who baked did an excellent job and the breads and the dessert pizza looked delicious. Thanks again.*

*–Marie C.*

*Thanks for the great bread class Saturday! I only joined CNS Kitchen Friday afternoon and found the class, but I made the whole wheat loaf with you all and then the cinnamon raisin loaf yesterday. Delicious!*

*–Melinda H.*

*What a great baking day! Many thanks for your organization. As a retired teacher, I especially appreciate your work to create a smooth running class. Many thanks!*

*–Joan Z.*

*Thank you, Sharme and Chef Del, for the awesome Fall Soups class! Each soup was unique, flavorful, and healthy. I learned new techniques, like water sautéing and how to layer flavors with vegetables and spices. This class boosted my confidence and made WFPB cooking feel so approachable.*

*–Judy O.*

*Thank you for another amazing class, Sharme and Chef Del! Love all the soups, and my favorite is the chickpea and sweet potato stew. It's so delicious! This class opened me up to new flavor profiles, which I love.*

*–Sophie B.*

## Spanish Initiatives



In 2025, our Spanish initiatives continued to expand their impact and reach across the Spanish-speaking world. We successfully hosted our first Plant-Based Cooking Summit in Monterrey, Mexico, bringing together 80 enthusiastic participants and six whole food, plant-based chefs for a transformative weekend of culinary learning and community building. We also launched our online [Spanish Cooking and Wellness Community](#), which has grown rapidly and now includes more than 1,100 active members.

Our [Spanish Plant-Based Nutrition Certificate](#)—introduced in September 2024—has already enrolled over 440 students, demonstrating a strong and growing demand for high-quality, evidence-based plant-based education in Spanish. Together, these milestones reflect strong momentum and a deep interest in whole food, plant-based living throughout Latin America and beyond.

### Testimonials for Spanish Plant-Based Nutrition Certificate

*This course has been a unique and transformative experience. The professionals who lead each module offer deep and diverse knowledge that enriches every lesson. With personalized and compassionate attention, the team makes you feel supported every step of the way. The course's comprehensive approach covers nutrition, health, the environment, animal welfare, and food sovereignty. I highly recommend this course to anyone who wants to build a healthier and more conscious future.*

—Ruben Olcoz, Spain

*Completing the Plant-Based Nutrition Certification by Dr. T. Colin Campbell was a transformative personal and professional journey that deepened my scientific understanding of how plant-based nutrition can prevent and even reverse chronic disease. The course strengthened my belief that health is largely influenced by diet rather than genetics and inspired me to fully embrace a vegan lifestyle, resulting in increased energy, weight loss, and the complete disappearance of chronic migraines. Beyond personal health, the program empowered me to adapt traditional Puerto Rican recipes to plant-based versions, advocate for healthier food options in my community, and integrate plant-based nutrition education into my work as a psychologist and holistic therapist. This certification has motivated me to share this knowledge widely and contribute to improving public health and quality of life.*

—Lic Vanessa Negrón, Puerto Rico

*I completed the Plant-Based Nutrition Certificate from the T. Colin Campbell Center for Nutrition Studies, and it was an extremely enriching experience. The course's well-structured content and the instructors' expertise provided me with a deep understanding of plant-based nutrition and strengthened my knowledge. The challenging assessments and projects allowed me to develop practical skills that are valuable in my career as a nutritionist. I highly recommend this certificate to anyone interested in plant-based nutrition as a worthwhile investment in both professional and personal development.*

—Lic Katya Galbis, USA



*In this course, I learned to understand how our bodies function through plant-based nutrition, its benefits, and how applying it acts as a preventive strategy against degenerative diseases, and even how it can influence genetics. This training provided me with valuable tools to care for my health more effectively—knowledge I apply in my daily life. Additionally, this lifestyle has been fundamental in my fight against cancer, helping me overcome it and stay healthy.*

– **Carlos Manuel González**

### **Testimonials for Additional Spanish Programs**

*It has been a fun and healthy experience. Having more ideas to cook delicious plant-based dishes has been exciting for me. I intend to continue eating this way as it brings me closer to nature and lifts my energy. Thank you for everything!*

– **Hanna Elizabeth Garduño Leon**

*It was an extraordinary experience. My breakfast is usually a big bowl of colorful fruits, but these breakfasts filled me with even more energy, and I could pair them with my favorite fruits while also incorporating savory dishes. Thank you for offering these educational spaces at such a low cost and with such delicious recipes.*

– **Georgina Medina**

*My experience was very positive. I loved the variety of options we have to start our day with energy and health. A plant-based diet is simply incredible and beneficial. Thank you for your powerful recipes.*

– **Reina Miriam Castro**

*I enjoyed this challenge so much and loved all the recipes! I'm ready for the upcoming challenges, and I already bought the tofu class to learn more recipes because I want to keep learning. I loved getting to know the center and this wonderful group. Thank you for all the information shared.*

– **Veronica Roman Torres**

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## **Chinese Initiatives**

In 2025, we adapted the [\*\*Plant-Based Nutrition Certificate Program\*\*](#) for the Chinese market. This work included testing more effective ways to reach learners and convert their interest into enrollment. We built a steady system for sharing content and running learning communities, and we supported sales of the English certificate during key promotions.

Although we are still early in the development of this initiative, hundreds of students have already enrolled in the Chinese certificate, and a large majority of graduates (69 percent) rated the certificate 10 on a scale of 1 to 10, reflecting their high likelihood to recommend the certificate to others.

At the same time, we have focused on strengthening our partnerships and expanding our regional presence, growing our visibility through both online and in-person events. All of this work has laid a solid foundation for larger-scale growth and international collaboration in 2026.

## Testimonials

*In November 2017, due to health reasons, I began to try a vegetarian diet. At the beginning, it was only a “flexitarian” approach, but unexpectedly my physical condition improved, and it also sparked my interest in exploring more deeply the relationship between vegetarian diets and health. For this reason, I read nutrition books, followed expert lectures, and eventually discovered and enrolled in the Plant-Based Nutrition Certificate Course.*

*This course was like opening a door to a whole new world. It not only imparted professional knowledge, but also brought about a transformation in the way of thinking. It taught me to examine dietary habits, social norms, the food industry, and policy influences with critical thinking, and to remain rational and clear-headed when reading scientific literature.*

*The eight core health principles in the course helped me build a complete and coherent health knowledge system. From the relationship between nutrition and chronic diseases, to the interactions among diet and exercise, stress, sleep, and social connections, everything was explained systematically. It enabled me not only to make more scientific choices for myself, but also to understand the connection between human health and planetary sustainability.*

*What moved me most was the section on “inspiring others to change.” In the future, I hope to lead by example first, and then share what I have learned with more people, helping them make healthier lifestyle choices. This learning journey will become a precious asset in my life.*

*–Mr. Huang Dawei*

*For many years I have paid close attention to the relationship between diet and health, and in the future, I also hope to work in food education. This course allowed me to systematically relearn plant-based nutrition. The diabetes module, in particular, left a deep impression on me—I learned for the first time that there are six types of diabetes, which greatly motivated me to continue studying in depth. As a professional who hopes to engage in teaching in the future, this course helped me establish a solid foundation of knowledge. Compared with other nutrition courses I have taken, Dr. Campbell’s course is more professional and more targeted. Compared with books, the online course content is more intuitive and easier to apply in practice. I will continue to recommend it to people who truly want to change their lifestyle.*

*–Carole*

*I feel very fortunate to have had the opportunity to study Dr. Campbell’s Plant-Based Nutrition course through online channels, and I gained a great deal from it. All the data shared by Dr. Campbell are based on solid scientific evidence and are entirely grounded in evidence-based research—this point benefited me especially. In fact, I had already been practicing related concepts for quite some time, but in the past, when I encountered certain viewpoints, I could never find reliable evidence-based support. This online course happened to answer those unresolved questions for me and provided the answers I had been hoping for.*

*– Wang Liuyuan*



# Free Resources

## Whole Food, Plant-Based Living: Getting Started

Whole Food, Plant-Based Living: Getting Started is designed to guide beginners through the essentials of a healthier, more sustainable way of eating. This self-paced course offers straightforward guidance, practical resources, and access to CNS Kitchen, a free CNS community providing members with the tools they need to maintain a successful WFPB lifestyle.



After completing the Getting Started course, students:

- Have the skills to adopt and sustain a whole food, plant-based (WFPB) lifestyle.
- Know the significance of Dr. T. Colin Campbell's research and why a WFPB lifestyle is best for them and their family.
- Appreciate the impact of WFPB nutrition on personal, communal, and global health.
- Have the tools necessary to make the best food choices possible.
- Understand the basics of meal planning and grocery shopping.
- Navigate social situations confidently to make healthy decisions away from home.

Can talk confidently with their healthcare provider about their lifestyle choices.

➤ Learn more at <https://nutritionstudies.org/getting-started>.

### Testimonials

*Overall I loved this course. It would have been so helpful for me in my many attempts to go vegan in the past. The roadmap, information, tips, and recipes provided were exceptional. It does a really good job of acknowledging that the process can be overwhelming but that it doesn't have to be. The course addresses not just the eating aspect of food but the relationship and social issues that can arise. I thought the class was well rounded, provided a lot of information and I loved that it included the reference to Whole Communities and CNS Kitchen because it is*

so helpful to have access to like minded people pursuing the same types of goals.

–Sue, Course Tester

Videos with subtitles are a plus. Chef Del's voice in the videos are so inviting and calming. He makes everything sound cool and easy. Perfect. Also, having Dr. Campbell in videos makes this course seem like the community cares from the top down. This course is very informative and enjoyable. Best of luck to you all getting it out there.

–Laura, Course Tester

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## Whole Communities: An Online Community for Plant-Based Changemakers (6,775 members)



Whole Communities members enjoy live workshops, in-depth discussions, virtual events, educational resources, and opportunities to collaborate with other champions of the WFPB lifestyle. Whether someone wants to inspire change in their community or start a plant-based nonprofit or business, Whole Communities provides the connections, resources, education, and support to make their goals a reality!

*This community is highly successful due in large part to our team of dedicated and passionate volunteers.*

➤ Learn more at <https://nutritionstudies.org/whole-communities>.

### Testimonials

*Whole Communities has been a powerful source of motivation and grounding for me as I began building my own project. Being part of this space gave me the confidence to move forward knowing I was not alone and that there were so many like minded people walking a similar path. The encouragement and support I received helped turn ideas into action and reminded me that meaningful change is possible when people come together with shared values and purpose. Beyond the inspiration, Whole Communities has given me something even more valuable, which is connection. Through this community I have met incredible people who have become friends, collaborators, and trusted business acquaintances. The relationships built here feel genuine and rooted in care not transactions. I am deeply grateful for the sense of belonging Whole Communities creates and for the way it continues to support individuals like me in becoming better people and more intentional change makers.*

–Jose Rosa

*Whole Communities has been an invaluable asset for me in my work and life. The community provides such amazing support both scientifically, with current information being shared on a daily basis, and emotionally, when I need a break or to hear some positive feedback or just to listen/read and re-center myself.*

*I deal with very sick patients that still have an opportunity to change their health. It can be very stressful and frustrating, especially when they are not willing to change or help themselves. There is*

always a supportive ear in Whole Communities and a great deal of experience to keep me on task. For me, Whole Communities is a way to fine-tune and add all the useful detail to my experience and knowledge. You can never stop growing and learning, especially when it comes to nutrition and health.

The events are such a joy—connecting with like minded others, while learning and sharing. I have found my people, my comfort, my home base to keep me energized to continue in my work helping others.

I highly recommend the certificate course and community to all and anyone interested in living a healthful life and desiring to help others do the same.

– **Danielle B.**

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Joining Whole Communities [WC] has been a turning point for me and my health journey. I have always been interested in health and wellness, but navigating all of the information that is out there can be tricky. There are so many differing attitudes, thoughts and processes. When you combine that with what the doctors advocate, it can be difficult to manage. WC has given me access to a platform that allows me to get the answers that I have been looking for. In 2023 I had gone WFPB after reading Dr. Esselstyn's book *Prevent and Reverse Heart Disease*. That was the beginning of this journey that I am now on. This journey can be lonely as I live in Greenwood, IN, which is not known for its healthy living. There are very few people here that eat the way that I am now eating.

When I joined WC I found a community of people that are working towards the same things that I am working toward. To be as healthy as possible for as long as possible. We also want to do that as naturally as possible. Most of us also want to help others when we can so they too can have a better life. It has been nice to have people who speak the same language as I do. I have found the information on the platform to be easy to understand and supported by data. The modules build on each other, reinforce previous content and introduce us to specialists that are living the WFPB journey themselves. You can work on the modules at your own pace and in your own time which is valuable. I appreciate the way the staff responds to any questions and concerns. I am grateful for the events that are ongoing and are available for any of us to attend. It has been nice to get support from other students as well. I am no longer walking this journey alone.

– **Kelly Fights**

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Since joining Whole Communities in 2022, I've found more than just a lifeline—I've discovered a true sense of belonging and purpose. I still remember my first virtual meeting, feeling nervous but instantly welcomed by friendly faces and encouraging words. As someone new to the WFPB lifestyle, I was amazed by how much support and knowledge was available, and how deeply this community cares about human, animal, and planetary health. That encouragement gave me the confidence to start small, sharing recipes and stories with my family and friends, even as my responsibilities as my 91-year-old dad's primary caregiver kept me close to home.

I began volunteering with Whole Communities in my second year, helping with data presentations and marketing articles, and even testing new technologies as they rolled out. Each time I contributed, I felt my own skills grow—whether facilitating a small group discussion or offering business counsel to someone considering a career change or a new project.

What I receive from Whole Communities is more than information; it's a steady stream of inspiration and practical support. That's what empowers me to give back, whether by lifting the

*spirits of fellow changemakers or helping others find their footing. Volunteering keeps me connected and sharp, and every time I help someone else, I feel the mission ripple outward—touching lives, strengthening our movement, and reminding me that even small acts can make a big difference.*

*– Sue Redding*

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## CNS Kitchen: An Online Community for Those Seeking Plant-Based Lifestyle Support (15,686 members)



CNS Kitchen is a supportive community that provides recipes, engagement, and whole food, plant-based wellness support. It's free, and anyone can join. Irrespective of where someone is on their journey—whether they're trying to adopt a WFPB lifestyle for the first time or have been at it for decades—they can enjoy sharing the journey with this community of like-minded people.

*This community is highly successful due in large part to our team of dedicated and passionate volunteers.*

➤ Learn more at <https://nutritionstudies.org/cns-kitchen>.

### Testimonials

*This is a great community! I don't feel so alone anymore. The encouragement and understanding here are life-changing. Being part of this amazing group of strong, like-minded people keeps me inspired to stay healthy and make better choices, even during challenging moments with family.*

*– Sarah D.*

*CNS Kitchen helped me successfully change my lifestyle. The education, accountability, recipes, and inspiring member stories provided a clear roadmap to better health. Most importantly, the caring and supportive community and the kind, nonjudgmental leadership of Chef Del and Sharme made all the difference.*

*– Nancy C.*

*CNS Kitchen helps me stay on the straight and narrow! Focusing on habits instead of goals has been powerful. Checking in daily keeps me accountable, and even grocery shopping is easier. I can now bypass all those tempting, non-compliant foods. Thank you for helping me keep my habits clean!*

*– Kathy P.*

*I love this community and look forward to checking in each day. It's wonderful to connect with like-minded people and learn from Chef Del and Sharme as they share their own journeys. The recipes are inspiring, and the group helps keep me accountable on my whole food, plant-based path.*

*– Julie J.*



*This community is like no other! The support, encouragement, and guidance are unmatched. I've met so many wonderful, like-minded people here. It's a safe, nonjudgmental space where we can share our wellness journeys openly. I truly don't know where I'd be without it.*  
–Kelly H.

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## Quarterly Virtual Wellness Challenges



The Whole Food, Plant-Based Wellness Challenges support members as they work toward their individual wellness goals. Participants arrive with a range of intentions, which might include increasing adherence to a whole food, plant-based way of eating, improving overall health, focusing on weight management, or incorporating more physical activity.

Participants begin by identifying their personal definition of success for the 30-day period. On the first day, they introduce themselves in the designated post by sharing their location and primary goal. Daily check-in posts guide the remainder of the challenge. Participants respond with reflections, updates, and optional photos of meals, and they are encouraged to acknowledge and support one another through comments and reactions.

Weekly Zoom face-to-face meetings offer additional support and community discussion. Separate spaces are available for those interested in journaling, intentional movement, and weight management support. Participants are encouraged to cook more meals at home and to try whole food, plant-based recipes. Posts are expected to align with this nutritional approach. Finally, prize drawings are held for all who complete the challenge.

### Testimonials

*The daily wellness challenge questions encourage deep self-reflection and help me learn something new each time. Reading others' posts is inspiring and broadens my perspective. It's also a fun and engaging community activity that keeps me growing and connected. Highly recommended.*

– Miranda B.

*I love the Wellness Challenges! Even while navigating major life changes across two continents, I relied on my CNS friends to stay grounded and focused. Their support helped me succeed, and I can't wait to join the next challenge!*

– Tsunma S.

*I love the Wellness Challenges. They connect me with like-minded people and help me identify my habits, pitfalls, and ways to improve with input from others. It's motivating, fun, and rewarding. This is my second challenge, and participating more this time has been a wonderful experience.*

– Sylvie G.

The Wellness Challenges are essential for maintaining my lifestyle. The writing prompts encourage self-reflection, and member responses offer insight and support. Each challenge meets me where I am in my journey. The shared advice and genuine community make all the difference. I'm grateful and excited for the next one.

– Sue R.

The Wellness Challenges keep me motivated to keep improving, even when I'm not tracking my food perfectly. I love hearing everyone's stories, goals, and challenges, especially the recipe sharing. The creativity in this community reminds me I'll never feel bored or deprived eating this way.

– Debbie S.

## Spotlight on Health Webinars



These monthly webinars, hosted by [CNS's Medical Advisory Board](#) Chair, Dr. Micheal C. Hollie, feature prominent plant-based professionals discussing timely health topics, unpacking the latest research in the field of plant-based nutrition, and sharing helpful information about the plant-based lifestyle. [Visit the webinar library.](#)



# New Initiatives

## In-Person Cooking Retreats



The CNS cooking retreats in 2025, located at the Highlands Nature Sanctuary in Ohio, were a great success. They provided participants with four nights and three full days of structured whole food, plant-based programming. The retreat combined culinary instruction, time in nature, and opportunities for community building in a quiet setting.

Due to popular demand, these retreats are returning in 2026. Participants will engage in six hands-on cooking classes focused on practical skill building and WFPB meal preparation. Instruction covers the use of seasonal ingredients, knife skills, core kitchen techniques, methods for cooking without oil, approaches to preparing whole grains and legumes, strategies for developing flavor with herbs and spices, and the use of natural sweeteners. All meals follow a whole food, plant-based approach, and participants prepare many dishes themselves during the classes.



In addition to the expert instruction they provide, these events are set apart by the beautiful natural setting and the strong sense of community that we work hard to cultivate. The schedule includes optional hikes through the Highlands Nature Sanctuary, providing time for reflection and connection with the natural surroundings. And evenings allow participants to share meals, conversation, and informal activities. The retreat is perfect for both new and experienced cooks seeking practical, skill-based learning in a supportive environment.



## Testimonials

*Attending the CNS Whole Food Plant-Based Cooking Workshop was a game-changer for me. I walked in curious and walked out confident. The instructors made everything simple, practical, and incredibly delicious. I learned new cooking techniques, discovered flavorful ingredients I'd never tried before, and realized how easy it can be to fuel my body with nourishing whole foods. I left feeling empowered, motivated, and excited to bring these meals into my everyday life. Highly recommended!*

– October 2025 Retreat Participant Survey

*Thank you for this awesome experience. I'm so grateful to have had this opportunity to be able to develop new relationships and connections with like minded individuals. It was refreshing for my soul to reconnect with my spouse and with nature in this beautiful environment. And it all came together with the experience of cooking delicious, healthy food with such knowledgeable and talented chefs. Although I've made some similar recipes at home, these surpassed them in flavor! This retreat has been a blessing and a reward to help me in my journey to take care of my body and grow closer to my goals.*

– October 2025 Retreat Participant Survey

*I absolutely loved this retreat! The food and education was fabulous. I highly recommend this if you are wanting to improve your health and learn how to cook so you can live a long life & feel fantastic!*

– October 2025 Retreat Participant Survey

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## Planetary Stewards Program (in partnership with Global Roots)

The T. Colin Campbell Center for Nutrition Studies partnered with [The Raices Institute](#) and [Global Roots](#) to host two 8-day immersion programs in the Dominican Republic to realize the potential between the food we eat, our environment, and our communities.

The RAÍCES Education Center, located in the mountains of the Dominican Republic, hosts the Planetary Stewards program. This eight-day program of 15 to 20 people per program provides an intimate space to learn about the environmental, social, and economic impacts of our food system. Our goal is simple—to provide a transformative experience that is inspiring and deeply meaningful.



Over the course of twelve three-hour workshops, participants:

- Explored the interconnectedness & global reach of our food system
- Developed strategies, insights, and projects to address current environmental crises
- Explored ways to raise awareness utilizing storytelling and community mapping
- Experienced nutrition's role in achieving total health for our bodies, communities, and planet
- Learned how to steward innovative regenerative land projects
- Had fun, made lifelong friends, and joined a dynamic community of change-makers

➤ Learn more at <https://nutritionstudies.org/planetary-stewards>.



## Testimonials (The following come from video testimonials.)

*I had little understanding of where I fit in, but this was fully dispelled through the vast amounts of in-depth education. It was really helpful to go out into the community—the real world—to see for ourselves the impact of grass-fed beef and deforestation, and how that feeds into the whole ecological balance. And then we learned so much about what we can do. I personally enjoyed learning how food forests are having a positive change.*

– Lisa Stewart

*I came to the Dominican Republic and thought I had a good idea of sustainability, but I learned a huge amount of information on the role of community and developed a deeper understanding of the role of trees as food. I now have an enormously gorgeous new sense of appreciation for community, agroforestry, and Mother Nature.*

– Robin Kirk

*This is something I will always remember, seeing firsthand the stark impacts of our food system—and on a side note, the hiking was a lot of fun . . . [I absolutely loved] going to the river and eating the food . . . I would definitely recommend this experience for anyone who is interested in the environment, or, for that matter, anyone interested in the planet.*

– Maryann Goedde

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## Certificate Sample Courses



In March, we migrated the Plant-Based Nutrition Certificate Sample Course to Whole Communities, our online community for plant-based changemakers. This move has allowed us to match potential students with course guides (graduates of the certificate program who volunteer as ambassadors).

Regardless of whether someone is ready to dive into the certificate program, they remain a member of Whole Communities after taking the sample course. This means they have continued access to free resources, networking opportunities, in-depth discussions about the latest plant-based research, and more. We also created a similar sample course for the Food & Sustainability Certificate Program.

Our risk-free sample courses are exactly what they sound like: an opportunity to try out the certificate program for free to see how you like it. It is not a substitute for the certificate program—it covers only a few topics and does not provide the same level of context or detail one can expect from the whole package—but it gives the flavor of the content and reflects the quality you can expect, should you eventually decide to register.

➤ Visit the [Plant-Based Nutrition Certificate Sample Course](#).

➤ Visit the [Food & Sustainability Certificate Sample Course](#).

# Meet Our Executive Board, Staff, and Medical Advisory Board

“The whole is greater than the sum of its parts.”

~ T. Colin Campbell, PHD

## Executive Board

The CNS Executive Board is a small but mighty group of plant-based professionals who, with Board President LeAnne Campbell and input from Dr. T. Colin Campbell, provide the leadership for the organization. Their knowledge of and passion for plant-based nutrition education, plant-based nutrition research, and a healthier world are unsurpassed.

## Staff

CNS staff members come from various fields and different parts of the country. They bring with them skills and experiences that have positioned them to expertly create, deploy, and maintain CNS's growing portfolio of offerings, all while providing exceptional customer service and support to students and the general public.

➤ Meet the staff and members of the executive board at <https://nutritionstudies.org/about/staff-executive-board>.

## Medical Advisory Board

The CNS Medical Advisory Board was established in 2023 to support ongoing CNS initiatives and play a critical role in the organization's success.

The board includes many of the leading voices in whole food, plant-based nutrition working in health care, research, and education. These individuals come from unique backgrounds, specialties, and approaches to care. By providing a platform for their wealth of experience and expertise, we can better engage our audience and further the mission of CNS.

CNS Medical Advisory Board members present seminars, participate on panels, write articles, help develop course content, make themselves available for Q&A sessions in CNS online communities, and actively promote plant-based nutrition in their specialty areas.

➤ Learn more at <https://nutritionstudies.org/about/medical-advisory-board>.





**“Nutrition is the master  
key to human health.”**

*~ T. Colin Campbell, PhD*



T. COLIN CAMPBELL  
*Center for Nutrition Studies*

