



Plant-Based Nutrition Certificate Outline

This revolutionary online certificate program will help you understand how important diet and nutrition are to your life. Created by the T. Colin Campbell Center for Nutrition Studies (CNS) and featuring over 25 experts (MDs, PhDs, RDs, and RNs), the program connects you with the leading research on the plant-based diet and its role in promoting optimal health—including research on preventing and managing cancer, heart disease, diabetes, Alzheimer's, and autoimmune conditions.

The program builds on Dr. T. Colin Campbell's lectures, experience, and more than six decades of research. You'll examine historic and contemporary research, take steps to apply this information in your life, and learn how to engage in productive conversations with friends, colleagues, clients, or patients about the science supporting plant-based nutrition.

Authors

T. Colin Campbell, PhD

Professor Emeritus of Nutritional Biochemistry, Cornell University and Founder, T. Colin Campbell Center for Nutrition Studies



For decades, Dr. T. Colin Campbell has been at the forefront of nutrition education and research. Over the course of his career, he has served on grant review panels of multiple funding agencies, actively participated in the development of national and international nutrition policy, authored over 300 research papers, been awarded more than 70 grant-years of peer-reviewed research funding, and given hundreds of lectures around the world. Dr. Campbell is a co-author — with his son, Thomas Campbell, MD — of *The China Study*, a worldwide bestseller, and the author of The New York Times bestseller *Whole*.

Thomas M. Campbell II, MD

Founder and Co-Director of the University of Rochester Medicine/Highland Hospital Nutrition in Medicine Research Center



Thomas M. Campbell II, MD, is a physician, a bestselling co-author of *The China Study*, researcher, and educator. He has developed groundbreaking clinical programs at the University of Rochester and worked with many hundreds of patients to prevent and treat illness using optimal diet and lifestyle. Dr. Campbell more recently has established a small online practice at MyPlantBasedProgram.com.

Dr. Campbell is founder and co-director of the UR Medicine/Highland Hospital Nutrition in Medicine Research Center. He is also author of *The China Study Solution*, the practical “how-to” guide to implement the China Study recommendations.



Dr. Campbell is a graduate of Cornell University and went on to get his medical degree from the University at Buffalo School of Medicine. He completed residency training in family medicine at the University of Rochester, Highland Hospital, and is certified in obesity medicine by the American Board of Obesity Medicine. Dr. Campbell has published multiple papers in the scientific literature and presented widely on the topic of plant-based nutrition.

T. Colin Campbell Center for Nutrition Studies



The T. Colin Campbell Center for Nutrition Studies 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.

Part 1: Nutrition and Society

Introduction

Video Transcript with Speaker T. Colin Campbell, PhD

Hello and welcome. I am T. Colin Campbell, professor emeritus at Cornell University where for several decades I researched nutrition and its relationship to health. Nutrition, the biological expression of food, has a profound effect on ecological, social, and personal health. Most of the leading causes of death and disability worldwide are strongly linked to our food choices-- heart disease, cancer, diabetes, and much more. And these challenges are not going away.

According to the International Agency for Research on Cancer of the United Nations, worldwide cancer diagnosis may surge in the coming decades. The rate of prediabetes is increasing dramatically in many parts of the world. Hundreds of thousands of Americans will have a heart attack this year all while the cost of health care continues to place enormous stress on the global economy. What do all of these crises have in common? Nutrition.

Poor or inadequate nutrition is currently a gateway to disease. By improving nutrition, we could turn that into a gateway for health and longevity. Consider what communities around the world could do with the trillions of dollars saved. Everything from education, to equitable care, to sanitation, and infrastructure could be improved if we simply chose healthier food. Unfortunately, despite its importance, nutrition is often misunderstood.

I've had the privilege of giving over 1,000 lectures to public and professional audiences around the world, and I've seen time and time again just how confusing the subject is for so many people. The purpose of this certificate program is to address that confusion. By the time you finish it, you will be able to define what optimal nutrition is, namely that provided by whole plant based foods and you will gain a much deeper understanding of just how powerful nutrition can be in the creation,



maintenance, and restoration of health.

Along the way, you'll learn about interpreting research, understanding messages about health, and putting it all into practice. Because these subjects are so important, we've done everything we can to ensure the highest possible level of scientific integrity in this course, but we need your help. We'll be sharing a lot of provocative ideas and research that challenges the status quo. It's important that you critically engage with this information and keep an open mind. Never stop asking questions.

How does the health of my body reflect the health of my community, the health of my society, the health of the ecosystem that sustains us? What are the obstacles facing nutrition? What are the limitations of current scientific approaches? I'm so excited to explore these ideas with you.

In my view, nutrition ought to be the premier biomedical science of the future. Properly understood and applied, it can accomplish more than all the current pills and procedures combined. So let's get started.

Description

The troubled state of health in many of our communities is a strong motivation to seek sustainable solutions for ourselves, our families, and our communities worldwide. Many people know that nutrition plays a role, yet despite its links to many of our leading causes of death and disability, there is still a lot of confusion about this crucially important topic.

In this part, you will hone your critical thinking skills and apply them to evaluate the state of health in your community and to navigate messages about health and nutrition.

You will also examine evidence-based principles on the benefits of a whole food, plant-based diet and consider nutrition from an expanded perspective; that is, nutrition as a symphony of complex interactions rather than the result of individual nutrients and mechanisms. Through this approach, you will explore reductionist and "wholistic" perspectives in nutrition.

In addition, you will analyze how diet and the environment might affect gut health through the modification of the microbiota. Lastly, you will examine the effects of industry and government on public policy and individual food choices.

What You'll Do

- Hone your critical thinking skills and use them to examine health and nutrition
- Apply Dr. T. Colin Campbell's 8 Principles of Food and Health
- Enhance your understanding of nutrition, including various micro- and macronutrients
- Analyze nutrition and the gut microbiome, and how diet and nutrition may affect them
- Evaluate food policy and politics as well as their effects on diet and health choices



Part 1: Nutrition and Society

Module 1: Hone Your Critical Thinking Skills

- 1.0 - Module Introduction: Hone Your Critical Thinking Skills
- 1.1 - Watch: Nutrition and Data Behind the Leading Causes of Death
- 1.2 - Read: Ten Leading Causes of Death
- 1.3 - Activity: Assess the State of Health in Your Community
- 1.4 - Activity: Chronic Disease Prevalence
- 1.5 - Watch: Nutrition Confusion
- 1.6 - Watch: The Current Medical Model
- 1.7 - Read: Meet Samara Sterling, PhD
- 1.8 - Watch: What's the Disconnect?
- 1.9 - Read: History of Nutrition Training in Medical Schools
- 1.10 - Watch: Investigate Paradigms
- 1.11 - Watch: The Consequences of Paradigms
- 1.12 - Read: Consider the Scientific Method
- 1.13 - Tool: Introduction to the Scientific Method
- 1.14 - Activity: Focus on Clinical Trials
- 1.15 - Read: Navigating Research Study Design
- 1.16 - Tool: Research Study Design
- 1.17 - Quiz: Research Study Design
- 1.18 - Activity: Identify Your Sources of Nutrition and Health Information
- 1.19 - Tool: Critical Questions for Analyzing Health Claims
- 1.20 - Assignment: Analyzing a Nutrition Article's Health Claims
- 1.21 - Module Wrap-up: Hone Your Critical Thinking Skills
- 1.22 - Module Bonus Resources

Module 2: Explore Dr. T. Colin Campbell's 8 Principles



2.0 - Module Introduction: Explore Dr. T. Colin Campbell's 8 Principles of Food and Health

2.1 - Tool: Dr. Campbell's 8 Principles

2.2 - Watch: Principle #1 — Nutrition represents the combined activities of countless food substances.

2.3 - Activity: Apply Principle #1

2.4 - Read: Nutrition Is a Symphony of Reactions

2.5 - Watch: Principle #2 — Vitamin supplements are not a panacea for good health.

2.6 - Watch: Principle #3 — There are virtually no nutrients in animal-based foods that are not better provided by plants.

2.7 - Activity: Compare Nutrient Amounts

2.8 - Watch: Principle #4 — Genes do not determine disease on their own.

2.9 - Activity: Matching the 8 Principles — Part 1

2.10 - Watch: Principle #5 — Nutrition can substantially control the adverse effects of noxious chemicals.

2.11 - Watch: Principle #6 — The same nutrition that prevents disease in its early stages (before diagnosis) may also halt or reverse disease in its later stages (after diagnosis).

2.12 - Watch: Principle #7 — Nutrition that is truly beneficial for one chronic disease will support health across the board.

2.13 - Watch: Principle #8 — Good nutrition creates health in all areas of our existence. All parts are interconnected.

2.14 - Activity: Matching the 8 Principles — Part 2

2.15 - Watch: Define Whole Food, Plant-Based Diet

2.16 - Activity: Contrast Nutrient Profiles

2.17 - Module Wrap-up: Explore Dr. T. Colin Campbell's 8 Principles of Food and Health

2.18 - Module Bonus Resources

Module 3: Enhance Your Understanding of Nutrition

3.0 - Module Introduction: Enhance Your Understanding of Nutrition

3.1 - Watch: Explore a Wholistic Perspective

3.2 - Watch: Consider the Science of Nutrition



- 3.3 - Watch: Examine the Main Nutrient Classifications
- 3.4 - Tool: Nutrient Classifications
- 3.5 - Read: What Are the EAR and RDA?
- 3.6 - Read: Meet Michelle Loy, MD, FAAP
- 3.7 - Watch: Deficient or Sufficient?
- 3.8 - Watch: What About Minerals?
- 3.9 - Watch: What About Vitamins?
- 3.10 - Quiz: Micronutrients
- 3.11 - Activity: What Are Your Perceptions of Protein?
- 3.12 - Watch: Perceptions of Protein
- 3.13 - Read: On Protein Quality and Quantity
- 3.14 - Watch: Assess the Role of Carbohydrates
- 3.15 - Read: Understanding Carbohydrates
- 3.16 - Tool: Carbohydrate Fact Sheet
- 3.17 - Activity: Confusion About Carbohydrates
- 3.18 - Watch: Evaluate the Role of Fats
- 3.19 - Read: Understanding Fats
- 3.20 - Quiz: Macronutrients
- 3.21 - Module Wrap-up: Enhance Your Understanding of Nutrition
- 3.22 - Module Bonus Resources

Module 4: Analyze Nutrition and the Gut Microbiome

- 4.0 - Module Introduction: Analyze Nutrition and the Gut Microbiome
- 4.1 - Read: Meet James and Dahlia Marin, RDs
- 4.2 - Watch: Explore the Microbiome
- 4.3 - Watch: Understand Gut Health
- 4.4 - Watch: Investigate Short-Chain Fatty Acids
- 4.5 - Quiz: Gut Microbiome



- 4.6 - Watch: How to Feed the Microbiome
- 4.7 - Tool: Fiber Fact Sheet
- 4.8 - Watch: Aim to Eat More Fiber
- 4.9 - Watch: How to Eat More Fiber
- 4.10 - Watch: Gut Health of Children
- 4.11 - Watch: Gut Health Beyond the Plate
- 4.12 - Watch: Gastrointestinal Conditions
- 4.13 - Watch: Understand FODMAPs
- 4.14 - Tool: FODMAPs Fact Sheet
- 4.15 - Watch: Medications and Supplements
- 4.16 - Quiz: Gut Health
- 4.17 - Module Wrap-up: Analyze Nutrition and the Gut Microbiome
- 4.18 - Module Bonus Resources

Module 5: Evaluate Food Policy and Politics

- 5.0 - Module Introduction: Food Policy and Politics
- 5.1 - Read: Meet Michele Simon, JD, MPH
- 5.2 - Watch: Food Policy and Its Influence on the Food We Eat
- 5.3 - Activity: Consider the Influence on Food Choices
- 5.4 - Assignment: Influences on Your Food Choices
- 5.5 - Watch: How Lobbying Works/Who's Who
- 5.6 - Watch: Lobbying and Public Relations Tactics
- 5.7 - Activity: Lobbying Research
- 5.8 - Watch: Overview of Front Groups
- 5.9 - Watch: Front Group Tactics
- 5.10 - Watch: The Politics of Dairy
- 5.11 - Watch: Milk and Dairy Checkoff Programs
- 5.12 - Watch: The Politics of Food Stamps — SNAP



- 5.13 - Watch: SNAP — Lobbying to Maintain the Status Quo
- 5.14 - Watch: The History of Meat and the Dietary Guidelines
- 5.15 - Read: 2020-2025 Dietary Guidelines for Americans
- 5.16 - Module Wrap-up: Food Policy and Politics
- 5.17 - Module Bonus Resources

Part 2: Nutrition and Chronic Disease

Introduction

Video Transcript with Speaker Thomas Campbell, MD

When my dad and I wrote *The China Study*, we went to a publisher, and --several publishers-- and it was actually kind of a tough sell, selling the book and at one point the publisher said maybe you could talk about each different disease state and suggest a different diet to combat each one. And of course, we couldn't do that because as the science has shown and the science that you'll see in this course suggests the same foods and the same dietary pattern tend to be beneficial across a wide range of diseases.

In this course, you will have the opportunity to explore some of the most prevalent chronic diseases that have come to burden our society, as well as the powerful impact nutrition can have on them. You will hear from a variety of experts sharing the science behind the impact of nutrition on prevention, treatment, and even reversal of some of our biggest killers. Starting with my father's research on cancer, you will examine the powerful evidence linking plant based nutrition to disease outcomes. You will then delve into other chronic conditions to get a sense of the depth and the breadth of the evidence across these different diseases. As the China study points out, the individual and cumulative impact of each food choice we make can be truly profound. We are so excited to take you on this journey.

Description

In this part, you will examine the China Project, the most comprehensive study of diet, lifestyle, and disease ever conducted. You will take a closer look at nutrition's crucial link to chronic diseases worldwide, including cancer, coronary heart disease, diabetes, neurological conditions, and autoimmune disorders. Lastly, you will investigate the scientific evidence supporting a whole food, plant-based diet's ability to prevent and even reverse these chronic diseases.

What You'll Do



- Examine the basic design and methodology of the China Project
- Investigate how cancer begins and progresses
- Analyze the basic roles of nutrition, genetics, and chemicals in the development of cancer
- Research the pathology of the heart, how heart disease develops, and how nutrition is key to its treatment
- Assess the impact of a whole food, plant-based diet on diabetes
- Explore the the impact of nutrition on neurological conditions and brain health.
- Identify the role of nutrition in autoimmune disorders

Part 2: Nutrition and Chronic Disease

Module 6: Research Cancer Prevention and Treatment

6.0 - Module Introduction: Research Cancer Prevention and Treatment

6.1 - Watch: Cancer Stages and Development

6.2 - Tool: Cancer Stages and Development

6.3 - Watch: The Causes of Cancer

6.4 - Watch: Dr. Campbell's Research on Cancer

6.5 - Read: Design of the China Project

6.6 - Watch: Nutrition and Gene Expression in Cancer Development

6.7 - Watch: Dietary Patterns of Effect in the China Project

6.8 - Watch: Dietary Patterns and Carcinogenesis

6.9 - Watch: Is Casein a Carcinogen?

6.10 - Read: Further Thoughts on Casein and Animal Protein

6.11 - Read: Meet Amber Orman, MD

6.12 - Watch: Breast Cancer Survivors and Nutrition

6.13 - Watch: Examine Phytonutrients

6.14 - Watch: Explore Phytoestrogen

6.15 - Quiz: Cancer



- 6.16 - Watch: Lifestyle Medicine for Cancer Prevention
- 6.17 - Watch: Lifestyle Approach to Medicine
- 6.18 - Read: Meet Dean Ornish, MD
- 6.19 - Watch: Prostate Cancer and Lifestyle Medicine
- 6.20 - Watch: Other Lifestyle Factors
- 6.21 - Assignment: The Relationship Between Nutrition and Cancer
- 6.22 - Watch: Patient Success Stories: Cancer
- 6.23 - Module Wrap-up: Research Cancer Prevention and Treatment
- 6.24 - Module Bonus Resources

Module 7: Investigate Heart Disease Prevention and Reversal

- 7.0 - Module Introduction: Investigate Heart Disease Prevention and Reversal
- 7.1 - Read: Meet Nicole Harkin, MD, FACC
- 7.2 - Watch: Heart Disease Pathology
- 7.3 - Watch: Heart Failure
- 7.4 - Read: Meet Caldwell B. Esselstyn, Jr., MD
- 7.5 - Watch: Natural Defense Mechanisms
- 7.6 - Watch: Who Gets Heart Disease?
- 7.7 - Watch: Dr. Esselstyn on Research and Diet
- 7.8 - Watch: Dr. Ornish on Heart Disease and Lifestyle
- 7.9 - Watch: Impacting Lifespan Through Diet
- 7.10 - Read: Different Approaches to Heart Health
- 7.11 - Watch: The Impact of Diet on Heart Disease Risk Factors
- 7.12 - Read: Where Is the Saturated Fat?
- 7.13 - Watch: The Mediterranean and Ketogenic Diets
- 7.14 - Read: The Vegan Ketogenic Diet
- 7.15 - Activity: Compare Heart-Healthy Diets: Part 1
- 7.16 - Activity: Compare Heart-Healthy Diets: Part 2



7.17 - Tool: Compare Diets

7.18 - Watch: Eating to Support Heart Health

7.19 - Watch: Patient Success Stories: Heart Disease

7.20 - Quiz: Heart Disease

7.21 - Module Wrap-up: Investigate Heart Disease Prevention and Reversal

7.22 - Module Bonus Resources

Module 8: Examine the Prevention and Reversal of Diabetes

8.0 - Module Introduction: Examine the Prevention and Reversal of Diabetes

8.1 - Watch: Diabetes Explained

8.2 - Tool: Diabetes Fact Sheet

8.3 - Watch: Insulin Resistance Defined

8.4 - Watch: The Carbohydrate-centric Diabetes Model

8.5 - Watch: The Fat-Insulin Connection

8.6 - Read: Meet Michael Greger, MD, FACLM

8.7 - Watch: The Development of Diabetes

8.8 - Watch: Glycemic Index and Glycemic Load

8.9 - Quiz: Diabetes

8.10 - Watch: Research on the Fat-Insulin Connection

8.11 - Watch: Does the Type of Fat Matter?

8.12 - Watch: Contributing Culprits: Animal Foods

8.13 - Watch: Ketogenic Diet vs. Low-Fat WFPB Diet

8.14 - Watch: Insulin Resistance in Type 1 and Type 1.5 Diabetes

8.15 - Read: Meet Neal Barnard, MD

8.16 - Watch: Research on Plant-Based Diets and Diabetes Improvement

8.17 - Watch: Plant-Based Diets and Diabetes

8.18 - Watch: Patient Success Stories: Diabetes

8.19 - Watch: Patient Success Story: Eric Adams



8.20 - Assignment: Nutrition and Diabetes

8.21 - Module Wrap-up: Examine the Prevention and Reversal of Diabetes

8.22 - Module Bonus Resources

Module 9: Explore Neurological Conditions and Brain Health

9.0 - Module Introduction: Explore Neurological Conditions and Brain Health

9.1 - Read: Meet Dean and Ayesha Sherzai, MDs

9.2 - Watch: Our Remarkable Brains

9.3 - Watch: Dementia

9.4 - Watch: Myths About Alzheimer's

9.5 - Watch: Stroke

9.6 - Quiz: Neurological Conditions

9.7 - Watch: Other Conditions

9.8 - Nutrition and Mental Health

9.9 - Watch: Disease Progression

9.10 - Watch: Lifestyle Studies

9.11 - Watch: Nutrition

9.12 - Watch: Exercise, Stress, and Sleep

9.13 - Watch: Optimization

9.14 - Tool: The NEURO Plan

9.15 - Watch: Community

9.16 - Assignment: Cognitive Reserve

9.17 - Module Wrap-up: Explore Neurological Conditions and Brain Health

9.18 - Module Bonus Resources

Module 10: Consider Approaches to Autoimmune Disease

10.0 - Module Introduction: Consider Approaches to Autoimmune Disease

10.1 - Read: Meet Brooke Goldner, MD

10.2 - Watch: Understanding Autoimmune Disease and Its Risk Factors



- 10.3 - Watch: Autoimmune Lab Tests
- 10.4 - Watch: Thyroid Disease
- 10.5 - Watch: Other Common Autoimmune Diseases
- 10.6 - Watch: Nutrition and Autoimmune Disease
- 10.7 - Watch: Vitamin D
- 10.8 - Watch: The Hypernourishment Protocol
- 10.9 - Read: Dr. Goldner's Hyper-nourishment Protocol
- 10.10 - Tool: Dr. Goldner's Hyper-nourishment Protocol
- 10.11 - Watch: Mood and Autoimmune Disease
- 10.12 - Watch: Patient Success Stories: Autoimmune Disease
- 10.13 - Quiz: Autoimmune Disease
- 10.14 - Module Wrap-up: Consider Approaches to Autoimmune Disease
- 10.15 - Module Bonus Resources

Part 3: Plant-Based in Practice

Introduction

Video Transcript with Speaker Thomas M. Campbell II, MD

Exploring the nutrition research linking plant-based diets and chronic disease, looking at the evidence of this broad range of illnesses and seeing a common thread can be profoundly impactful. You have examined the impact of nutrition through the lens of disease. Now, let's think about how nutrition can impact our day to day lives.

The effects of a whole food, plant-based diet can be profoundly beneficial from an individual level throughout the lifespan, support the body's needs across a variety of functions, including childbirth, aging, fitness, endurance, and function, and safeguard our most precious resources--the air, water, and earth of the very planet on which we live.

In this course, you will investigate all of these aspects as well as how to take the next steps, sparking change in yourself and in others. We hope you will feel empowered and inspired as you complete this course. So let's get started.



Description

The evidence for the impact of nutrition on disease is quite compelling. So what about nutrition's impact on our day-to-day lives?

In this part, you will explore the role of whole food, plant-based nutrition on human health throughout the lifespan, along with key topics to consider to optimize its effects. You will also investigate how whole food, plant-based nutrition can best power fitness and athletic performance as well as how food choices can affect personal health and the health of the environment.

You will then examine what stumbling blocks we may encounter when choosing to implement sustainable changes to our food choices and what strategies have been found to be effective in achieving and maintaining a healthy diet.

Finally, you will hear from experts who put their knowledge of whole food, plant-based nutrition into practice to help others. Whether connecting people to support local communities on a volunteer basis or integrating this knowledge in a professional capacity, you will gain valuable insights into how whole food, plant-based nutrition can be shared with others to empower them to make life-affirming, health-promoting choices for themselves and for their planet.

What You'll Do

- Explore the importance of a healthy diet for maternal health from pregnancy to birth, for child development, and throughout the stages of life.
- Analyze common topics of concern to athletes and fitness enthusiasts, including supplementation, protein consumption, and performance enhancement
- Examine the impact of our food choices on the environment and our crucial natural resources
- Investigate factors that can affect personal behavior and the ability to successfully adopt a healthier lifestyle, as well as how to navigate them
- Create your own path to sparking change with a whole food, plant-based lifestyle.

Part 3: Plant-Based in Practice

Module 11: Plant-Based Throughout the Lifespan

11.0 - Module Introduction: Plant-Based Throughout the Lifespan

11.1 - Read: Meet Padma Garvey, MD

11.2 - Watch: Male and Female Infertility as They Relate to Diet



- 11.3 - Watch: Pregnancy and a Plant-Based Diet
- 11.4 - Read: Meet Jackie Busse, MD
- 11.5 - Watch: WFPB Nutrition for Kids
- 11.6 - Read: Nutrition and ADHD
- 11.7 - Watch: Breastfeeding, Formulas, and Milk Alternatives
- 11.8 - Watch: Dairy, Calcium, and Bone Health
- 11.9 - Tool: Factors for Bone Health
- 11.10 - Watch: Supplements and Micronutrients for Children
- 11.11 - Quiz: Plant-Based Throughout the Lifespan
- 11.12 - Watch: Starting Solids With a WFPB Baby
- 11.13 - Tool: WFPB Nutrition for Infants and Children
- 11.14 - Watch: Other Common Concerns
- 11.15 - Watch: Reproductive Lifespan
- 11.16 - Watch: UTIs and Vaginal Infections
- 11.17 - Watch: WFPB Diets and the Menstrual Cycle
- 11.18 - Watch: Perimenopause and Menopause
- 11.19 - Watch: Aging With Vitality and Longevity
- 11.20 - Assignment: Nutrition Decisions Throughout the Lifespan
- 11.21 - Module Wrap-up: Plant-Based Throughout the Lifespan
- 11.22 - Module Bonus Resources

Module 12: Plant-Based Nutrition and Fitness

- 12.0 - Module Introduction: Plant-Based Nutrition and Fitness
- 12.1 - Read: Meet Robert Cheeke
- 12.2 - Watch: Robert Cheeke's Story
- 12.3 - Watch: Eating to Prevent Injury
- 12.4 - Read: Meet Lilian Aguilar
- 12.5 - Watch: Lilian Aguilar's Story



- 12.6 - Activity: Calculate Your BMI and BMR
- 12.7 - Read: Sport and Nutrition — What the Research Shows
- 12.8 - Read: Meet Matthew Lederman, MD
- 12.9 - Watch: Do Athletes Need to Supplement?
- 12.10 - Read: Meet Jill Edwards, MS, CEP
- 12.11 - Watch: WFPB Endurance Athletes
- 12.12 - Watch: Hydration
- 12.13 - Quiz: Plant-Based Nutrition and Fitness
- 12.14 - Module Wrap-up: Plant-Based Nutrition and Exercise
- 12.15 - Module Bonus Resources

Module 13: Food Choices, Health, and the Environment

- 13.0 - Module Introduction: Food Choices, Health, and the Environment
- 13.1 - Watch: Meet Bruce Monger, PhD
- 13.2 - Watch: Effects of Meat Production on the Environment
- 13.3 - Watch: Water — A Finite Resource
- 13.4 - Watch: Greenhouse Gas Emissions
- 13.5 - Activity: Check the MCC Carbon Clock
- 13.6 - Watch: Impact on Living Marine Resources
- 13.7 - Watch: Putting It All Into Perspective
- 13.8 - Watch: A Firsthand Perspective on How Farming Has Changed: Meet Howard Lyman
- 13.9 - Read: Meet Allison Wilson, PhD
- 13.10 - Watch: GMOs: What Are They and How Are They Created?
- 13.11 - Watch: Human Health Risk: Herbicides and Pesticides
- 13.13 - Assignment: Impact of Our Food Choices on the Environment
- 13.14 - Module Wrap-up: Food Choices, Health, and the Environment
- 13.15 - Module Bonus Resources

Module 14: Implementing Behavior Change



14.0 - Module Introduction: Implementing Behavior Change

14.1 - Read: Meet Doug Lisle, PhD

14.2 - Activity: Assess Your Health Behaviors

14.3 - Watch: Identify Conflicting Forces

14.4 - Watch: The Pleasure Trap

14.5 - Tool: Calorie Density Chart

14.6 - Read: Standard American Diet Timeline

14.7 - Activity: Explore the Five Phases of Change

14.8 - Watch: Tips for Behavior Change

14.9 - Read: Meet Evelisse Capó, PharmD, DipACLM

14.10 - Watch: Plant-Based in the Kitchen

14.11 - Watch: More Tips for Batch Cooking

14.12 - Read: Tips to Overcome Social Challenges

14.13 - Watch: Transitioning Kids to a WFPB Lifestyle

14.14 - Watch: Involving Children in the Kitchen

14.15 - Watch: Setting Goals and the Permission to Fail

14.16 - Quiz: Implementing Behavior Change

14.17 - Module Wrap-up: Implementing Behavior Change

14.18 - Module Bonus Resources

Module 15: Sparking Change in Others

15.0 - Module Introduction: Sparking Change in Others

15.1 - Watch: A Source of Hope

15.2 - Watch: Sparking Change in Your Community

15.3 - Activity: Take Inventory

15.4 - Watch: Planting Seeds of Change

15.5 - Watch: Culinary Medicine

15.6 - Whole Food, Plant-Based Cooking Resources



- 15.7 - Watch: Medical School Training
- 15.8 - Watch: Education for Health Professionals
- 15.9 - Watch: Sparking Change as Clinicians
- 15.10 - Read: Meet Brie Turner-McGrievy, PhD, RD
- 15.11 - Watch: Research on Dietary Change and Adherence
- 15.12 - Watch: Keys to Sustainable Change
- 15.13 - Assignment: Making Change Happen
- 15.14 - Read: Finding Your Career in Plant-Based Nutrition
- 15.15 - Watch: Building in Self-Care
- 15.16 - Watch: What Happens Next?
- 15.17 - Module Wrap-up: Sparking Change in Others