

# Why the **Food for Life** Nutrition and Cooking Program?



## **Reputable**

It is a long-standing program, established in 2001, by the Physicians Committee, a national nonprofit. Since 1985, the Physicians Committee has been committed to changing chronic disease treatment through nutrition research and education with the support of more than 12,000 physicians and 175,000 concerned citizen members.



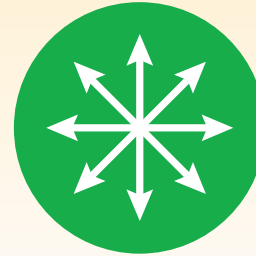
## **Credible**

It is evidence-based—translating the latest nutrition research into lessons that are easy to understand and apply. It was developed by nurses, dietitians, physicians, and nutrition researchers.



## **Effective**

Chronic diseases linked to unhealthful diet and lifestyle choices are the leading causes of death in the United States, surpassing tobacco use.<sup>1</sup> Studies have proven that the diet of the Food for Life program, a plant-based diet, is effective at lowering risk of cancer, heart disease, hypertension, obesity,<sup>2</sup> and diabetes.<sup>3</sup>



## **Variety**

It offers multiple topics including diabetes, cancer, weight control, kids nutrition, Spanish, and employee wellness.



## **Interactive**

It includes live cooking demonstrations with delicious food samples, multimedia nutrition research lectures, and group discussions facilitated in a supportive atmosphere.



## **Support Resources**

All participants receive healthful recipes, nutrition research literature, and online resources with the latest nutrition research.



## **Vetted Instructors**

Each community-based instructor is highly vetted and thoroughly screened—fewer than 30 percent of applicants are selected. All instructors receive ongoing training and professional development.

1. Reference: The US Burden of Disease Collaborators. The state of US health: 1990-2016 burden of diseases, injuries, and risk factors among US states. *JAMA*. 2018;319:1444-1472.

2. Miles FL, Lloren JIC, Haddad E, et al. Plasma, urine, and adipose tissue biomarkers of dietary intake differ between vegetarian and non-vegetarian diet groups in the Adventist Health Study-2. *J Nutr*. Published online February 15, 2019.

3. Barnard ND, Cohen J, Jenkins DJ, et al. A low-fat, vegan diet improves glycemic control and cardiovascular risk factors in a randomized clinical trial in individuals with type 2 diabetes. *Diabetes Care*. 2006;29:1777-1783.