



NUTRITION RESOURCES

Use these trusted resources to find out more about nutrition for cancer, how to cook for a whole foods lifestyle, and other lifestyle recommendations for healthy living.

Harvard School of Public Health hsph.harvard.edu/nutritionsource/

American Institute for Cancer Research aicr.org

Gluten-Free Girl glutenfreegirl.com/

Environmental Working Group ewg.org/

Puget Consumers Coop (Seattle Area) pccnaturalmarkets.com

Cookus Interruptus cookusinterruptus.com

Cynthia Lair cynthialair.com

Tom Malterre wholelifenutrition.net

Michael Pollan michaelpollan.com

“Forks over Knives” forksoverknives.com

Diet Doctor dietdoctor.com

Peter Attia MD peterattiamd.com

The Blue Zones bluezones.com



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