

Reference List

Teaching Clients the How & Why of a Flexitarian Eating Style

October 20, 2022, 2-3 p.m. ET

References:

1. Many Americans going plant-based for breakfast, new study finds. Business Wire. <https://www.businesswire.com/news/home/20200901005343/en/Many-Americans-Going-Plant-Based-for-Breakfast-New-Study-Finds>. Published September 1, 2020. Accessed October 12, 2022.
2. Derbyshire EJ. Flexitarian Diets and Health: A Review of the Evidence-Based Literature. *Front Nutr.* 2017;3:55. Published 2017 Jan 6. doi:10.3389/fnut.2016.00055
3. Cotillard A, Cartier-Meheust A, Litwin NS, et al. A posteriori dietary patterns better explain variations of the gut microbiome than individual markers in the American Gut Project. *Am J Clin Nutr.* 2022;115(2):432-443. doi:10.1093/ajcn/nqab332
4. Chen C, Chaudhary A, Mathys A. Dietary Change Scenarios and Implications for Environmental, Nutrition, Human Health and Economic Dimensions of Food Sustainability. *Nutrients.* 2019;11(4):856. Published 2019 Apr 16. doi:10.3390/nu11040856
5. Springmann M, Clark MA, Rayner M, Scarborough P, Webb P. The global and regional costs of healthy and sustainable dietary patterns: A modelling study. *The Lancet Planetary Health.* [https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196\(21\)00251-5/fulltext](https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196(21)00251-5/fulltext). Published October 26, 2021. Accessed October 12, 2022.
6. U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025.* 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).
7. Blatner DJ. *The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life.* New York, NY: McGraw Hill; 2008.