Vegetarian Nutrition Resource List
May 2014

This publication is a compilation of resources on vegetarian nutrition. The resources are in a variety of information formats: articles, pamphlets, books and full-text materials online. Resources chosen provide information on many aspects of vegetarian nutrition.

Materials included in this list may also be available to borrow from the National Agricultural Library (NAL). Lending and copy service information is provided at the end of this document. If you are not eligible for direct borrowing privileges, check with your local library on how to borrow through interlibrary loan. Materials cannot be purchased from NAL. Contact information is provided if you wish to purchase any materials on this list.


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A. General Information on Vegetarian Nutrition

1. Articles and Pamphlets

**Vegetarian Nutrition Update**
Vegetarian Nutrition Dietetics Practice Group
Full Text: [http://vndpg.org/newsletter/](http://vndpg.org/newsletter/)
Description: The Vegetarian Nutrition Dietetics Practice Group (VNDPG) of the Academy of Nutrition and Dietetics strives to empower members to be the leading authority on evidence-based vegetarian nutrition for food and nutrition professionals, health care practitioners and the public. Vegetarian Nutrition Update is the quarterly, 16-page newsletter published by the VNDPG and distributed free of charge to all VNDPG members.
Ordering Information:
Vegetarian Nutrition Dietetics Practice Group
c/o Academy of Nutrition and Dietetics
120 South Riverside Plaza, Suite 2000
Chicago, Illinois 60606-6995
Phone: 800/877-1600, ext. 4815

**Position of the Academy of Nutrition and Dietetics: Vegetarian Diets**
Academy of Nutrition and Dietetics (AND)
Full Text [http://www.eatright.org/about/content.aspx?id=8357](http://www.eatright.org/about/content.aspx?id=8357)
Description: The Academy of Nutrition and Dietetics’ position paper on vegetarian nutrition.

**Veganism in a Nutshell**
The Vegetarian Resource Group
Full Text: [http://www.vrg.org/nutshell/vegan.htm](http://www.vrg.org/nutshell/vegan.htm)
Description: This pamphlet contains basic information on vegan nutrition and foods.
Ordering Information:
The Vegetarian Resource Group
P.O. Box 1463
Baltimore, MD 21203
Phone: 410-366-8343
Fax: 410-366-8804
Email: vrg@vrg.org
Vegetarianism in a Nutshell
The Vegetarian Resource Group
Full Text: [http://www.vrg.org/nutshell/nutshell.htm](http://www.vrg.org/nutshell/nutshell.htm)
Description: This pamphlet contains basic information on vegetarian nutrition and foods.
Ordering Information:
The Vegetarian Resource Group
P.O. Box 1463
Baltimore, MD 21203
Phone: 410-366-8343
Fax: 410-366-8804
Email: vrg@vrg.org

2. Books

Virginia Messina, Reed Mangels, and Mark Messina
ISBN 0763732419
Description: This book provides detailed information about nutrient needs and functions in the context of a vegetarian diet and is primarily intended for dietitians and other health care providers as a resource for counseling vegetarian clients.

The New Becoming Vegetarian: The Essential Guide to a Healthy Vegetarian Diet
Vesanto Melina., MS, RD and Brenda Davis, RD
ISBN: 1570671443
Description: This guide on vegetarian diets thoroughly covers basic nutrition topics, provides a vegetarian food guide, recipes, addresses the needs of children and pregnant women, and discusses topics such as essential nutrients, overweight, eating disorders, and the vegetarian athlete.

Vegan for Her: The Woman's Guide to Being Healthy and Fit on a Plant-Based Diet
Virginia Messina, MPH,RD
ISBN: 978-0738216713
Description: A guide to help vegan women plan their food choices around their dietary needs throughout the lifecycle.
3. Magazines and Newsletters

**Vegetarian Journal**
The Vegetarian Resource Group
**Full Text:** [http://www.vrg.org/journal/](http://www.vrg.org/journal/) (Includes selected articles from previous issues and subscription information.)
**Description:** This quarterly magazine includes practical tips for vegetarian meal planning, articles relevant to vegetarian nutrition, recipes, and natural food product reviews.
**Ordering Information:**
Vegetarian Resource Group
Vegetarian Journal
PO Box 1463
Baltimore, MD 21203
Phone: 410-366-8343
**Online ordering:** [http://www.vrg.org/journal/subscribe.htm](http://www.vrg.org/journal/subscribe.htm)

**Vegetarian Times**
**Full Text:** [http://www.vegetariantimes.com/](http://www.vegetariantimes.com/) (Includes recipes and resources)
**Description:** This magazine includes staff-tested vegetarian and vegan recipes as well as cooking tips and entertaining suggestions. The magazine also provides information about current research on health, nutrition and fitness.
**Ordering information:**
Vegetarian Times
P.O. Box 420235
Palm Coast, FL 32142-0235
Phone: 877-717-8923 (U.S. and Canada); 386-446-6914 (International)
**Online ordering:** [https://secure.palmcoastd.com/pcd/document?ikey=003C7ITWO](https://secure.palmcoastd.com/pcd/document?ikey=003C7ITWO)

**VegNews Magazine**
**Full Text:** [http://www.vegnews.com](http://www.vegnews.com)
**Description:** This magazine provides information about a vegetarian lifestyle including travel tales, city guides, vegetarian products and practical advice.
**Ordering information:**
VegNews
3505 20th Street
San Francisco, CA 94110
**Online ordering:** [https://swenconn.powweb.com/subscribe.html](https://swenconn.powweb.com/subscribe.html)
4. Web Resources

**MedlinePlus: Vegetarianism**
DHHS. NIH. National Library of Medicine.
**Description:** This site includes a complete listing of information on many aspects of vegetarian nutrition including basic nutrition, special diets, organizations and related issues.

**Vegetarian Diets**
American Heart Association
**Web site:** [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Vegetarian-Diets_UCM_306032_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Vegetarian-Diets_UCM_306032_Article.jsp)
**Description:** Defines different types of vegetarianism and provides nutritional information related to vegetarian diets.

**Vegetarian Nutrition**
USDA Food and Nutrition Information Center
**Description:** Links to web resources on many aspects of vegetarianism.

**Vegetarian Resource Group**
**Web site:** [http://www.vrg.org/](http://www.vrg.org/)
**Description:** This web site contains a wealth of information on vegetarian nutrition including nutrients like iron, calcium, protein, and vitamin B₁₂ as well as reprints of nutrition-related articles from Vegetarian Journal.

**The Vegetarian Society of the United Kingdom**
**Web site:** [http://www.vegsoc.org](http://www.vegsoc.org)
**Description:** This site includes a complete listing of resources and fact sheets on many aspects of vegetarian nutrition including basic nutrition, protein, fats and cholesterol, calcium, iron, vitamin B₁₂, and zinc.

**The Vegan RD**
Virginia Messina, MPH, RD
**Web site:** [http://www.theveganrd.com/](http://www.theveganrd.com/)
**Description:** Provides well-researched responses to questions about all aspects of vegetarian nutrition and foods, with content updated weekly.

**Vitamin B₁₂ in the Vegan Diet**
The Vegetarian Resource Group
**Web site:** [http://www.vrg.org/nutrition/b12.htm](http://www.vrg.org/nutrition/b12.htm)
**Description:** Provides information on vitamin B₁₂ sources and recommendations.
B. Vegetarian Diets and Disease Prevention/Treatment

1. Articles and Pamphlets

American Heart Association Calls for Eating Fish Twice Per Week- What’s A Vegetarian To Do?
Gail Nelson, MPH, RD

**Description**: Article reviews nutritional aspects of omega-3 fatty acids and provides vegetarian options for obtaining these nutrients.

The Bottom Line on Soy and Breast Cancer Risk
Marji McCullough, ScD, RD
American Cancer Society, August 2012, updated April 2014

**Description**: This resource includes information about different studies about soy in relation to breast cancer.

Calcium in the Vegan Diet
Reed Mangels, PhD, RD
Simply Vegan, 5th edition

**Description**: Article includes information about the sources of calcium in the vegan diet.

The Contribution of Vegetarian Diets to Health and Disease: A Paradigm Shift?
Joan Sabaté
**Full text**: [http://ajcn.nutrition.org/content/78/3/502S.full](http://ajcn.nutrition.org/content/78/3/502S.full)

**Description**: This article explains how advances in nutrition research have changed the understanding of vegetarian diets to human health and disease.

Health & Prevention, Understanding Vegetarianism
Cleveland Clinic
**Full text**: [http://my.clevelandclinic.org/heart/prevention/nutrition/food-choices/understanding-vegetarianism.aspx](http://my.clevelandclinic.org/heart/prevention/nutrition/food-choices/understanding-vegetarianism.aspx)

**Description**: Resource provides general information about vegetarian diet.

Iron in the Vegan Diet
By Reed Mangels, PhD, RD
Full text: [http://www.vrg.org/nutrition/iron.php](http://www.vrg.org/nutrition/iron.php)
From Simply Vegan, 5th edition
**Description**: Resource provides information about the iron content of selected vegan foods, comparison of iron sources and sample menus providing generous amount of iron.
A Low Fat Vegan Diet Improves Glycemic Control
Neal D. Barnard, MD, Joshua Cohen, MD, David J.A. Jenkins, MD, PHD, Gabrielle Turner-McGrievy, MS, RD, Lise Gloede, RD, CDE, Brent Jaster, MD, Kim Seidl, MS, RD, Amber A. Green, RD and Stanley Talpers, MD.
Diabetes Care, Volume 29, Number 8, August 2006.
Description: This article presents the results of a research study examining the effects of a low fat vegan diet on persons with diabetes.

Preventing Osteoporosis: Building Strong Bones Over a Lifetime
Reed Mangels, PhD, RD
Vegetarian Journal 2005 Issue 2
Description: This article explains what osteoporosis is and what vegans can do at every age to reduce their risk of developing it.

Vegetarian Diets
American Heart Association
Full text: http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Vegetarian-Diets_UCM_306032_Article.jsp
Description: This article provides information about nutrients to consider in vegetarian diet.

Vegetarianism
American Cancer Society
Full Text:
http://www.cancer.org/treatment/treatmentsandsideeffects/complementaryandalternativemedicine/dietandnutrition/vegetarianism
Description: Article includes information about vegetarianism, its history and studies about the health benefits of vegetarian diet.

Weight Control the Vegan Way
Vegetarian Resource Group
Full text: http://www.vrg.org/journal/vj2006issue1/vj2006issue1weight.htm
Description: This article provides information for those who would like to lose weight by following a vegan diet. The authors provide information about appropriate foods in each food group, a sample menu and recipes.
2. Books

Everyday Cooking with Dr. Dean Ornish: 150 Easy, Low-Fat, High Flavor Recipes
Dean Ornish, MD
ISBN: 978-0060928117
Description: Cardiac researcher Dean Ornish, MD presents 150 low-fat, low-cholesterol vegetarian recipes.

The Plant-Powered Diet: The Lifelong Eating Plan for Achieving Optimal Health, Beginning Today
By Sharon Palmer, RD
ISBN: 9781615190584
Description: The book contains findings in nutrition, information on the healthiest plant foods—whole foods, advice for navigating the supermarket, kitchen, restaurant menus. A 14-day meal plan, plus daily action alerts as well as 75 plant-based recipes with complete nutritional data.

Vegan for Her: The Woman's Guide to Being Healthy and Fit on a Plant-Based Diet
Virginia Messina, MPH,RD
ISBN: 978-0738216713
Description: A guide to help vegan women plan their food choices around their dietary needs throughout the lifecycle.

3. Web Resources

Vegetarian and Vegan Diets
British Nutrition Foundation
Web site: http://www.nutrition.org.uk/publications/briefingpapers/vegetarian-nutrition
Description: Information on vegetarian and vegan diets. Web site contains information on implications of diet and health, nutrition for vegetarians and fact sheets.

Vegetarian Resource Group
Web site: http://www.vrg.org/nutrition/
Description: Information on vegetarian diets in diabetes and on heart healthy vegetarian diets as well as reprints of health-related articles from Vegetarian Journal.
C. Vegetarian Diets for Special Populations

1. Vegetarianism During the Lifecycle

a. Resources for Pregnancy and Lactation

The Vegan Diet During Pregnancy and Lactation
Reed Mangels, PhD, RD
Vegetarian Resource Group
Full text: http://www.vrg.org/nutrition/veganpregnancy.htm
Description: This article, originally published in the Vegetarian Journal, examines weight gain and nutrient needs in pregnancy, discusses morning sickness, provides sample meal plans, and presents recommendations for breastfeeding.

Vegan Nutrition in Pregnancy and Childhood
Reed Mangels, PhD, RD and Katie Kavanagh-Prochaska, Dietetic Intern
Vegetarian Resource Group
Full text: http://www.vrg.org/nutrition/pregnancy.htm
Description: Summary of considerations for the vegan diet during pregnancy, breastfeeding and childhood. Includes nutrient needs and meal planning tips. Available in electronic format only.

b. Resources for Infants and Children

Better Than Peanut Butter and Jelly
Marty Mattare and Wendy Muldawer
ISBN: 978-1590131220
Description: This cookbook contains simple, healthy kid-tested recipes that children (and parents) will enjoy.

Eating Wisely: Raising a Vegetarian Child
New Beginnings, Vol. 17 No. 4 July-August 2000, pp. 131-133, 151
Melanie Wilson
Full text: http://www.lalecheleague.org/NB/NBJulAug00p131.html
Description: Practical information on vegetarian children. Includes information on sources of specific nutrients.
From Animal Crackers to Wild West Beans: Easy and Fun Vegetarian Recipes for Healthy Babies and Children
Carol Timperley
ISBN: 0-8092-3022-4
Description: A book of recipes and food ideas for vegetarian babies and toddlers.

Honest Pretzels and 64 Other Amazing Recipes for Cooks Ages 8 and Up
Mollie Katzen
ISBN: 1883672880
Description: Vegetarian recipes for children ages 8 years and older

Kids Can Cook: Vegetarian Recipes
Dorothy R. Bates and Suzanne Havala
Description: This cookbook features simple recipes that children can prepare. Kitchen safety tips and a brief nutrition section are also included.

Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers and Up
Mollie Katzen and Anne Henderson
ISBN: 1883672066
Description: Vegetarian recipes for younger children.

Raising Vegetarian Children
Joanne Stepaniak, MSEd and Vesanto Melina, MS, RD
ISBN: 0658021559
Description: Provides tips for nursing moms and nutritional guidance for infancy to adolescence.

Vegan Diets for Children
Carol M. Coughlin, RD
Full text: http://vegetariannutrition.net/vegetarian-kids/
Summary: Nutritional considerations for vegan infants, children, and adolescents.

The Vegetarian Child: A Complete Guide for Parents
Lucy Moll
ISBN: 0-399-52271-9
Description: This book is written in question-and-answer format and addresses vegetarian
pregnancy, infants, toddlers, pre-schoolers, grade-schoolers, and teens. It includes meal planning ideas and recipes.

**Vegetarian Resource Group**  
*Description:* Resources on feeding vegan children, healthy fast food for preschoolers, school lunch, and vegan infants. Also includes food guides for infants and children.

**Vegetarianism**  
*Kids' Health for Parents, The Nemours Foundation*  
*Description:* Pros and cons of a vegetarian diet for children, advice for specific age groups including infants and toddlers.

c. **Resources for Adolescents**

**Teen Vegetarians - Facts for Parents**  
*University of Maine System. UMaine Cooperative Extension.*  
*Description:* Includes information for parents about vegetarian diets for teenagers.

**A Teen's Guide to Going Vegetarian**  
*Judy Krizmanic*  
*ISBN:* 0-0670-85114-0  
*Description:* This is a guide to vegetarianism written for teens. It addresses important nutrients, parental concerns, and provides simple recipes and a list of resources.

**The Teen's Vegetarian Cookbook**  
*Judy Krizmanic*  
*ISBN:* 0140385061  
*Description:* Easy to prepare recipes for teenage vegetarians. Includes an ingredient glossary, and tips for college-age vegetarians.

**TeensHealth**  
*Kids' Health for Parents, The Nemours Foundation*  
*Web site:* [http://kidshealth.org/teen/food_fitness/nutrition/vegetarian.html](http://kidshealth.org/teen/food_fitness/nutrition/vegetarian.html)  
*Description:* Information for parents on vegetarian diets for adolescents.
Vegan for Life: Everything You Need to Know to be Healthy and Fit on a Plant-Based Diet
Virginia Messina, MPH, RD, Jack Norris, RD.
ISBN: 978-0738214931
Description: Proper vegan nutrition is explained for vegans at any stage of life.

Vegetables Rock! A Complete Guide for Teenage Vegetarians
Stephanie Pierson
ISBN: 0-553-37924-0
Description: Includes nutrition information for teenage vegetarians and ideas for eating out.

Vegetarian Nutrition for Teenagers
The Vegetarian Resource Group
Full Text: http://www.vrg.org/nutrition/teennutrition.htm
Description: This pamphlet, available in English and Spanish, provides information on vegetarian diets for teenagers.
Ordering Information:
The Vegetarian Resource Group
P.O. Box 1463
Baltimore, MD 21203
Phone: 410-366-8343 Fax: 410-366-8804

Vegetarianism for Teens
Jane Duden
ISBN: 0-7368-0712-8
Description: Written for pre-teens. Contains basic information on vegetarianism including a definition of vegetarianism, historical information, nutrition information, meal planning, tips for eating out, and a glossary.

Vegetarian Society of the United Kingdom: A Parent and Teenager Guide to Vegetarianism
Description: Information on vegetarian children and teenagers including a suggested food guide.

d. Resources for Older Adults

4 Week Vegetarian Menu Set for Meals on Wheels Sites
Vegetarian Journal's Foodservice Update, Volume V, Number 4 Autumn 1997
Full text: http://www.vrg.org/fsupdate/fsu974/fsu974menu.htm
Description: Four weeks worth of menus for use by the Meals on Wheels Program.
A Senior’s Guide to Good Nutrition
The Vegetarian Resource Group
Suzanne Havala, MS, RD
Full Text: http://www.vrg.org/nutrition/seniors.htm
Description: Information on special nutritional needs of older people, use of supplements, common diet-related complaints, and meal preparation.

e. Resources for Athletes

Eat Better, Perform Better: Sports Nutrition Guidelines for the Vegetarian
The Vegetarian Resource Group
Enette Larson, MS, RD
Full text: http://www.vrg.org/nutshell/athletes.htm
Description: Guidelines for pre-event meals, eating during and after competition, the role of supplements, and practical recommendations.

Sports Nutrition for Vegetarians
Description: This article is geared toward health professionals who are advising vegetarian athletes. It covers nutritional needs for macro and micronutrients.

Sports Nutrition
Jack Norris, RD
Full text: http://www.veganhealth.org/articles/athletes
Description: This resource addresses aspects of diet specific to the vegetarian athlete.

D. Vegetarian Cooking and Foods

1. Books

Eat Your Vegetables: Bold Recipes for the Single Cook
Joe Yonan
ISBN: 978-1607744429
Description: A cookbook for the single, vegetarian, cook. Recipes for both lacto-ovo vegetarians, and vegans.

Entertaining for a Veggie Planet: 250 Down-to-Earth Recipes
Didi Emmons
ISBN: 978-0618104512
Description: This guide to vegetarian entertaining includes recipes appropriate for casual and elegant dinners. Includes suggested menus for guidance in planning a complete vegetarian feast.
Flying Apron’s Gluten Free
Jennifer Katzinger
ISBN: 1570616299
Description: The book focuses on the eliminated of gluten, dairy, egg, soy, and wheat. Recipes include cakes and muffins, cookies and pastry.

Fresh from the Vegetarian Slow Cooker
Robin Robertson
ISBN: 978-1558322561
Description: 200 recipes for one-pot meals that can be cooked in a slow cooker. Includes information about slow cookers and tips for slow cooking success.

How to Cook Everything Vegetarian: Simple Meatless Recipes for Great Food
Mark Bittman
ISBN: 0764524836
Description: Book provides information on how to cook meatless meals for all occasions using fresh ingredients, basic kitchen equipment and simple techniques.

Isa Does It: Amazingly Easy, Wildly Delicious Vegan Recipes for Every Day of the Week
Isa Chandra Moskowitz
ISBN: 0316221902
Description: This cookbook contains vegan meals from scratch in 30 minutes or less. The cookbook includes 150 new recipes to make for every day. The recipes are supermarket friendly. From skilled chefs, to those new to the vegetarian pantry or just cooks looking for some fresh ideas.

Plenty, Vibrant Vegetable Recipes from London’s Ottolenghi.
Yotam Ottolenghi
ISBN: 9781452101248
Description: One hundred and twenty recipes organized by roots to fruit, colors, tastes and texture.
Plum: Gratifying Vegan Dishes from Seattle’s Plum Bistro
Makini Howell
ISBN-10: 1570617910
Description: This cookbook features dishes for brunch, soups, salads, entrées, desserts, and more

Vegan Cooking for Carnivores: Over 125 Recipes So Tasty You Won’t Miss the Meat
Roberto Martin
ISBN-10: 1609412419
Description: Martin, a Culinary Institute of America-trained chef, shares his recipes and techniques that work in all cuisines. Banana and Oatmeal Pancakes, Avocado Reuben, Red Beans and Rice, “Chick ‘n’ Pot Pie,” and Chocolate Cheesecake.

Vegan Eats World: 250 International Recipes for Savoring the Planet
Terry Hope Romero
ISBN: 9780738214863
Description: Three hundred recipes based on international favorites. The book includes chapters on spice blends, protein, chutney and sauces.

Vegan Family Meals: Real Food for Everyone
Ann Gentry
ISBN-10: 1449402372
Description: The book contains 100 recipes for the family and information on ingredients and includes a directory of food sources.

1000 Vegan Recipes
Robin Robertson
ISBN: 9780470085028
Description: This cookbook features 1000 recipes including appetizers, snacks, salads, sandwiches, soups, main dishes, breads, baked foods and other desserts.
The Modern Vegetarian Kitchen
Peter Berley
ISBN: 978-0060989118
Description: This cookbook covers all aspects of vegetarian cooking, with information on kitchen and pantry essentials. The author emphasizes seasonal ingredients and wholesome foods.

2. Web Resources
Vegetarian Times
Web site: http://www.vegetariantimes.com/
Description: Hundreds of vegetarian recipes in a searchable database. Includes nutritional information.

E. Resource Centers
Vegetarian Nutrition Dietetic Practice Group
Web site: http://www.vegetariannutrition.net/
c/o Academy of Nutrition and Dietetics
120 South Riverside Plaza, Suite 2000
Chicago, Illinois 60606-6995
Phone: 800/877-1600, ext. 4815

The Vegetarian Resource Group
Web site: http://www.vrg.org/
P.O. Box 1463
Baltimore, MD 21203
Phone: 410-366-8343
Fax: 410-366-8804
Email: vrg@vrg.org

Vegetarian Society of the United Kingdom
Web site: http://www.vegsoc.org/
Parkdale, Dunham Rd.
Altrincham, Cheshire WA14 4QG
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Locate additional FNIC publications at http://fnic.nal.usda.gov/resource-lists-0

Food and Nutrition Information Center
Agricultural Research Service, USDA
National Agricultural Library, Room 108
10301 Baltimore Avenue
Beltsville, MD 20705-2351
Phone: 301-504-5414
Fax: 301-504-6409
TTY: 301-504-6856
Contact: http://fnic.nal.usda.gov/contact

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