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Publication Date: July 17, 2012

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“*The Plant-Powered Diet* is a compilation of compelling arguments for the ideal nutrition plan—one that is based on whole plant foods. Palmer is welcoming to her readers as she provides solutions for eating in a more health-promoting way. I recommend this as a resource for anyone seeking a healthier diet.”

—**Julieanna Hever, MS, RD, CPT**, plant-based dietitian and author of *The Complete Idiot’s Guide to Plant-Based Nutrition*

# THE PLANT-POWERED DIET

## THE LIFELONG EATING PLAN FOR ACHIEVING OPTIMAL HEALTH, BEGINNING TODAY

by SHARON PALMER

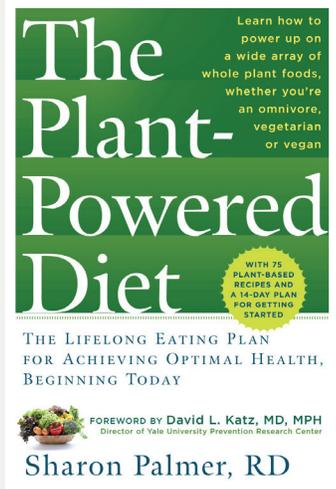
“It’s difficult to find a principled nutrition and health expert who doesn’t believe that a largely plant-based diet is the way to promote health and attack chronic diseases,” wrote Mark Bittman in his 2011 New York Times piece “A Food Manifesto for the Future.”

Now, Sharon Palmer’s **THE PLANT-POWERED DIET: *The Lifelong Eating Plan for Achieving Optimal Health, Beginning Today*** (The Experiment, \$15.95; ISBN 978-1-61519-058-4; trade paperback original; on-sale: July 17, 2012) empowers everyone—whether vegan, vegetarian, or omnivorous—to put that manifesto’s message into practice by adopting a largely or entirely whole-foods plant-based diet and thereby reaping such benefits as weight loss, optimal health, and longer lives.

Registered dietitian Sharon Palmer marshals the most up-to-date findings in nutrition to explain both why you should eat more plant-based fare and exactly how to do so. Everyone from longtime vegans to committed omnivores will discover the benefits of filling more of their plates with the most nutrient-rich whole plant foods.

Timely, authoritative, comprehensive, and unmatched in detail and scope, **THE PLANT-POWERED DIET** includes:

- Extensive, clearly presented information and valuable insight on the whole range of nutrient-rich vegetables, fruits, whole grains, plant fats—as well as herbs, spices, chocolate, and coffee, tea, and wine
- Definitive guidance on how much protein we need, and the best plant proteins
- A 14-day meal plan, daily action alerts, and personal stories from vegans, vegetarians, and omnivores who have made a shift to more plant-based eating
- 75 original recipes, all with complete nutritional data, for every meal—here are Grilled Portobello Mushroom “Steaks”, Three-Bean Cowboy Chili, and Country Berry Cobbler



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## ABOUT THE AUTHOR



**SHARON PALMER, RD**, is a registered dietitian, editor of the award-winning health newsletter *Environmental Nutrition*, and a nationally recognized nutrition expert who has personally impacted thousands of people's lives through her writing and clinical work. She lives outside of Los Angeles with her husband and two sons.

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Publishes July 17, 2012 by The Experiment  
Distributed in the U.S. by Workman Publishing Company ([workman.com](http://workman.com))  
and in Canada by Thomas Allen & Son ([thomasallen.ca](http://thomasallen.ca))

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\$19.95 • Trade Paperback Original • 304 pages  
7 7/8" x 10" • 978-1-61519-053-9 • Also available as an ebook

## About THE EXPERIMENT

The Experiment is an independent publisher, launched in 2009, focused on a wide range of practical and narrative nonfiction and popular science.

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# 10 QUESTIONS FOR SHARON PALMER

## Q. What do you think is the major contributor to America's obesity epidemic?

A. People have moved away from eating “real” food to a diet rich in processed foods and beverages that are easy to consume, always available, and rich in refined carbs and fats. In addition, Americans are eating more meat than ever; in essence, we're pumping up our calorie intake, while decreasing our food quality intake. To top it off, we're not exercising enough, so our caloric needs are lower than the number of calories we're taking in every day.

## Q. If you could change one thing about America's diet, what would it be?

A. I would like to encourage people to cook “real” food at least five nights a week. It's much easier to take charge of a healthy diet when you're doing the cooking. In the time it takes to get take-out, you could put a healthy meal on the table for a lot less money.

## Q. What are the negative effects of consuming so much meat?

A. Animal products—especially the quality of meats that are available today—are the primary source of saturated fats and dietary cholesterol in the diet. A high intake of animal protein—especially red meat—has been correlated with a number of health problems, in particular cardiovascular disease. In addition, animal foods are typically dense in calories, contributing to weight gain. There are also negative effects on the health of the planet, since animal production contributes one-fifth of the globe's green house gas emissions, not to mention the insults caused from toxic pools of manure.

## Q. What does a plant-based diet really mean?

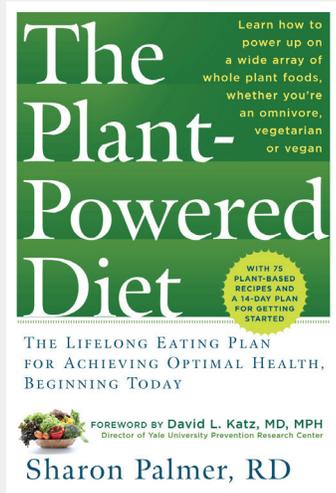
A. A plant-based diet is simply a diet that emphasizes plants instead of animal proteins. To some people that might be a vegan diet, for others it could mean a lacto-ovo vegetarian diet or a plant-based omnivorous diet.

## Q. How can eating more plants make a difference in your health?

A. Plants have evolved over thousands of years to develop defense systems to protect themselves against predators like insects and insults like UV radiation. These defense systems are in the form of thousands of bioactive compounds—scientists are discovering more every day—usually concentrated in the skin of the plant. Humans also evolved eating these plants; now scientists know that these compounds in plants can also provide similar protective effects when humans eat them.

## Q. Is it important to focus on whole plant foods?

A. All of the nutrients from plants, such as fiber, vitamins, minerals, and bioactive compounds, come packaged together in the plant. And these nutrients even act synergistically; if you isolate a nutrient and consume it, it doesn't provide the same benefit. But in a whole plant food, the compounds all work together to provide benefits.



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**Q. Can you gain the benefits of a plant-based diet even if you don't want to give up meat?**

**A.** Absolutely. If everyone cut out one day of animal protein from their diet each week, they could reduce their saturated fat content by 15%—enough to make a difference in disease risk, as well as save the amount of water, grain, fossil fuels, animals, and land dedicated to raising that meat. Just think what you could do if you cut even more animal products from your diet?

**Q. How can you get enough protein and other important nutrients if you cut down on animal products in your diet?**

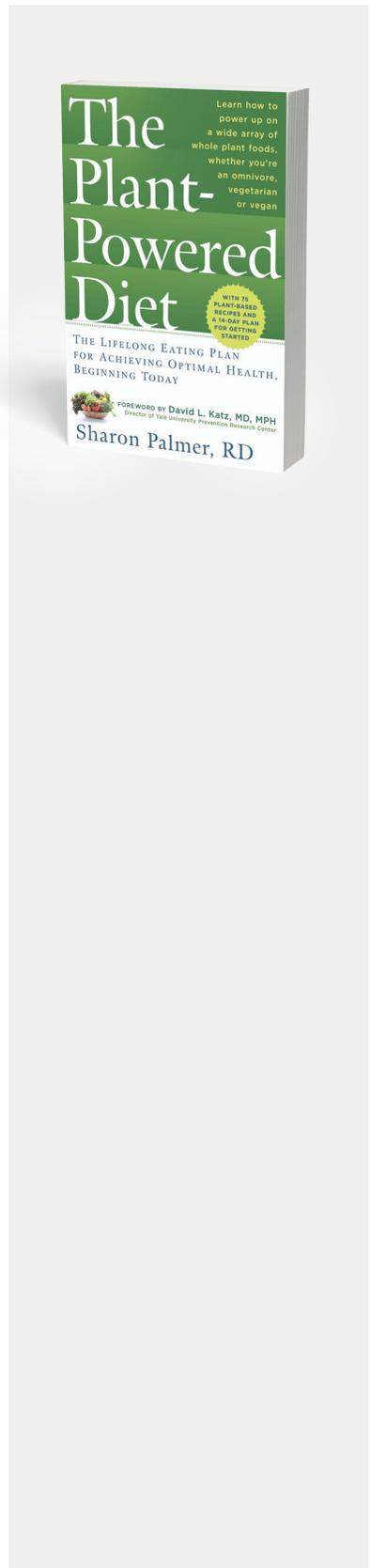
**A.** It's a big myth that you can't meet all of your nutritional needs on a vegan or vegetarian diet. In fact, health organizations now recognize these diets as legitimately, healthy eating patterns. By mixing together a date full of whole grains, legumes, soy, nuts, seeds, fruits and vegetables, you can meet your nutritional needs for protein, fat, vitamins and minerals. There are a few exceptions; in the case of calcium and vitamin B12 you will need to use a bit of planning to make sure that you meet your needs.

**Q. What is the key to eating a healthful, balanced plant-based diet?**

**A.** The most important aspect of a healthy plant-based diet is that you choose a variety of whole plant foods. Technically you could call a diet of soda, donuts, white bread and chips a plant-based diet, but a healthy plant-based diet should emphasize a variety of whole, unprocessed plants in their natural form. That means when you look at the food—whether it's a vegetable stir fry or a bowl of grains—you should be able to identify the plant in its original form.

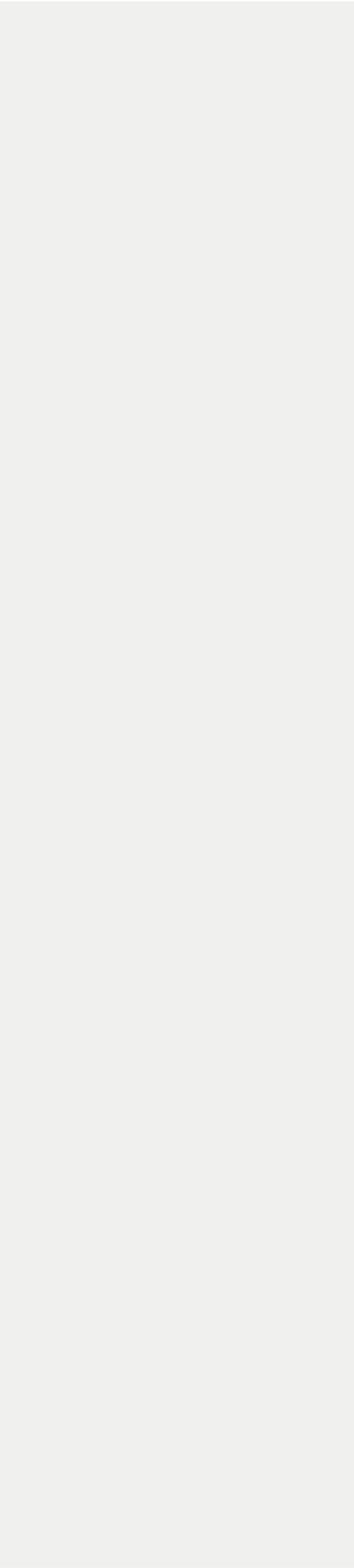
**Q. Is it hard to follow a plant-based diet?**

**A.** It may seem difficult at first, but once you get organized a whole, plant-based diet is the essence of simplicity. The secret is discovering locations, such as the farmers market, to purchase delicious, seasonal plants. If you stock your refrigerator with beautiful plants, it's easy to chop them into salads, stir-fries, and soups in minutes. And fruit is nature's ultimate fast food.



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