

# PLANT-POWERED SENIORS

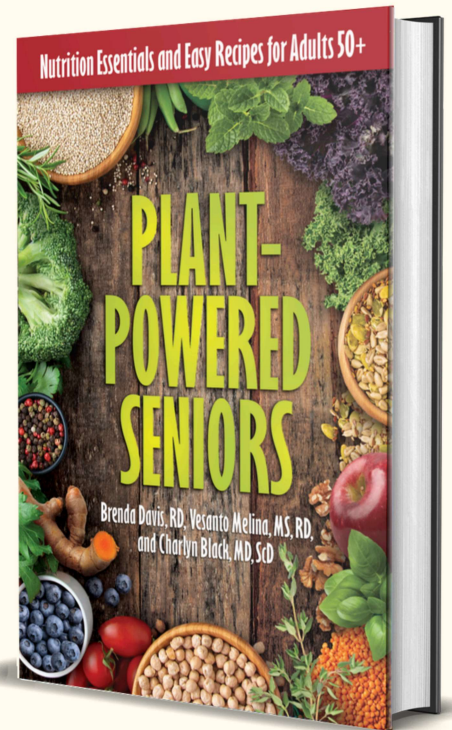
## Nutrition Essentials and Easy Recipes for Adults 50+

### A Practical Guide for Adults 50+

This guide illustrates how a whole-food, plant-based lifestyle can enhance healthy aging, prevent illness, and simplify everyday eating, making it more enjoyable and deeply nourishing.

Written by award-winning experts in plant-based nutrition, *Plant-Powered Seniors* speaks directly to older adults who are either curious about or already devoted to plant-based eating. It addresses the genuine questions seniors have regarding nutrition, meal planning, health, and daily living. With a friendly, peer-to-peer tone grounded in personal experience, the book provides clear and accessible guidance for navigating plant-based choices, catering to everyone from curious beginners to seasoned vegans. Each chapter begins with an easy overview and concludes with key takeaways, ensuring that the information is straightforward to understand and implement.

At its core, the book elucidates why plant-based nutrition holds remarkable benefits for healthy aging. It examines how whole-food, plant-based diets can aid in preventing and managing chronic diseases, safeguarding muscle and bone health, supporting cognitive function, and decreasing the risk of malnutrition—while also being beneficial for animals and the planet. Readers will discover how to create nutritionally balanced meals, avoid common nutrient deficiencies, interpret food labels, and differentiate whole foods from ultra-processed alternatives. Practical resources include menus, food guides, supplement recommendations, and customized strategies for managing prevalent health issues, such as diabetes, cardiovascular disease, osteoporosis, and frailty.



*“Plant-Powered Seniors—what a great new book with information critical for our aging population. This is such a **much-needed roadmap**: A health and nutrition book for the grandparents! Why not add some quality years to your life and protect those we love from neurological problems in later life?”*

— Joel Fuhrman, MD

Seven times *New York Times* bestselling author and president of the Nutritional Research Foundation

## Plant-Powered Seniors

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Simon & Schuster, Barnes & Noble, Amazon & Bookshop

# MEET THE AUTHORS



## BRENDA DAVIS, RD

Brenda Davis, RD, is one of the world's leading plant-based dietitians, an internationally acclaimed speaker, and award-winning author specializing in plant-based nutrition. She has delivered keynote presentations in 28 countries across six continents and has written or co-authored 14 books, with more than one million copies in print. Brenda has published extensively in peer-reviewed journals and consumer publications and has contributed to groundbreaking research, including serving as the lead dietitian on a randomized controlled trial of type 2 diabetes in the Marshall Islands. A past chair of the Vegetarian Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics, she was inducted into the Vegetarian Hall of Fame in 2007 and received the Plantrician Project's Luminary Award in 2022. She lives in Calgary, Alberta, Canada.

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## Vesanto Melina, M.S., R.D.

Vesanto Melina is an internationally recognized dietitian, award-winning author, educator, and speaker specializing in plant-based nutrition. She combines a strong scientific background with a practical style that makes healthy eating simple, delicious, and sustainable. She taught nutrition at Bastyr University and the University of British Columbia, published in peer-reviewed medical journals, and was lead author of an Academy of Nutrition and Dietetics Position Paper on Vegetarian Diets. She received the Lifetime Achievement Award (U.S.) and Ryley-Jeffs Memorial Award (Canada). Vesanto co-authored bestselling books with Brenda Davis, including *Plant-Powered Protein*, *The Kick Diabetes Cookbook*, and *Becoming Vegan*, with more than one million copies in English and in nine additional languages. Vesanto's passion is helping people discover that eating for healthy aging can be both evidence-based and wonderfully enjoyable.

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## Charlyn Black, M.D., Sc.D.

Charlyn Black, Professor Emeritus of Population and Public Health, University of British Columbia, is a physician, researcher, and educator with a longstanding interest in promoting health and preventing disease. Dr. Black completed her medical and public health training in Manitoba, Canada, and her Doctor of Science in Health Policy at the Johns Hopkins University Bloomberg School of Public Health. As a researcher and consultant, her work has focused on using population health data to support evidence-based policy and system improvement, with a current focus on preventing and reversing the rising burden of chronic disease. She has taught graduate level courses on health and health policy, research methods, and addressing the rising burden of chronic disease. She has followed a plant-forward diet since completing her medical training.

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# DISCUSSION TOPICS

- Plant-Powered Seniors: How to thrive, not just survive, in your senior years
- Aging strong: Why more seniors are choosing plant-based nutrition
- What every adult needs to know about nutrition as we age
- Can you outsmart the diseases of aging? The science says yes
- It's never too late: How lifestyle can change your health trajectory
- The power to age better: Reducing your risk of chronic disease
- How our nutrient needs change after 50: Eating to stay strong, sharp, and independent
- Small kitchen, big nutrition: Plant-based tips for seniors
- Healthy aging starts on your plate: The nutrition secrets to aging well
- The smart senior's guide to plant-based meal prep: Simple plant-based cooking for healthy aging
- 4 benefits for seniors eating a plant-based diet: Building resilience and vitality for the years ahead
- Age does not dictate health: How we age is a function of the lifestyle choices we make
- Changing your diet could save your life: Shifting to plant-based can significantly reduce the number of premature deaths from heart disease, stroke, and certain cancers
- Vote with your fork for a kinder world: Recognizing the deep connections between our health, the environment, and the well-being of animals
- Understanding ultra-processed foods and food processing: Making more informed choices in the grocery store, in the kitchen, and on your plate
- Healthy aging is not just about living longer—it's about preserving vitality, strength, independence, and quality of life
- Older adults have unique nutritional priorities—understanding these needs is essential for thriving on a plant-based diet
- Plant-based eating should be enjoyable, practical, affordable, and accessible
- Cook once, eat all week: The smart senior's guide to plant-based meal prep
- Cooking can become your superpower for health: Learning to make simple meals can be easy

## CONNECT

To learn more, visit  
**[plant-poweredseniors.com](http://plant-poweredseniors.com)**

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