

Major dietetics/nutrition organizations

Here are major dietetics/nutrition organizations that explicitly state a well-planned vegan (or vegetarian, including vegan) diet is healthful / nutritionally adequate and can offer health benefits:

1. **Academy of Nutrition and Dietetics (USA)** – Their classic position paper says appropriately planned vegetarian, including vegan, diets are **healthful, nutritionally adequate, and may provide health benefits** for prevention and treatment of certain diseases, and are appropriate for all life stages. A newer 2024–2025 research brief reiterates adequacy and long-term benefits (worded specifically for adults).
 - <https://pubmed.ncbi.nlm.nih.gov/27886704/>
 - https://www.eatrightpro.org/news-center/research-briefs/new-position-paper-on-vegetarian-and-vegan-diets?utm_source=chatgpt.com
2. **British Dietetic Association (UK)** – States that carefully planned **plant-based (including vegan) diets can support healthy living at every age and life stage and may reduce risk of chronic diseases.**
 - https://www.bda.uk.com/resource/vegetarian-vegan-plant-based-diet.html?utm_source=chatgpt.com
3. **Dietitians Australia** – In its role statement, notes that a well-balanced vegetarian diet can provide all nutrients needed for good health and that **plant-based diets may provide health benefits**. Their healthy & sustainable diets statement also supports plant-forward patterns.
 - https://pmc.ncbi.nlm.nih.gov/articles/PMC9311218/?utm_source=chatgpt.com
4. **American Dietetic Association & Dietitians of Canada (historic joint papers)** – Earlier official positions (2003, 2009) already concluded that well-planned **vegan diets are appropriate for all stages of the life cycle**. (Dietitians of Canada no longer co-publishes an updated position, but these papers show long-standing professional consensus.)
 - <https://pubmed.ncbi.nlm.nih.gov/12778049/>
 - https://www.sciencedirect.com/science/article/abs/pii/S0002822303002943?utm_source=chatgpt.com
 - <https://pubmed.ncbi.nlm.nih.gov/19562864/>
5. **American College of Lifestyle Medicine (ACLM)** – Publishes peer-reviewed white papers concluding that **well-planned whole-food plant-based diets are nutritionally adequate for all stages of life and therapeutic for many chronic diseases.**
 - https://lifestylemedicine.org/wp-content/uploads/2023/03/ACLM-Benefits-of-Plant-based-Nutrition-White-Paper.pdf?utm_source=chatgpt.com
 - https://lifestylemedicine.org/articles/benefits-plant-based-nutrition/?utm_source=chatgpt.com
 - https://lifestylemedicine.org/project/benefits-of-plant-based-nutrition-white-paper/?utm_source=chatgpt.com
6. **Government-backed health info (Australia – Better Health Channel)** – States that **well-planned vegan and vegetarian diets can be appropriate for all life stages**, with extra care for pregnancy, breastfeeding, and young children.
 - https://www.betterhealth.vic.gov.au/health/healthyliving/vegetarian-and-vegan-eating?utm_source=chatgpt.com