

**G. Robert Stuart, Ph.D.,
Executive Director, Institutional Research, (Retired)**



Dr. G. Robert Stuart is a retired research analyst and administrator at Cuyahoga Community College. Dr. Stuart started at the College in 1983 and continued working there until 2021, beginning as a research analyst in the Office of Institutional Research and retiring as the Executive Director in that office. While working at the College, he completed a Ph.D. in Urban Studies and Public Affairs. In June of 1996, Dr. Stuart married his wife, Nan. Shortly after returning from their honeymoon, he underwent a routine physical examination, the results of which led him to reconsider the food choices he was making. Ultimately, they led him to a plant based diet. Dr. Stuart adopted a plant based diet shortly after receiving the results of his exam, and he has followed it ever since. Although he has not been formally trained in the field of nutrition, he has read many of the more rigorous works available in the popular press. He has attended seminars held by John McDougall, MD, and he has been a patient of Caldwell Esselstyn, MD. He believes firmly in the role of plant-based nutrition in promoting health, and he is committed to sharing his experiences with this life style in order to help people achieve better, long lasting wellness at the lowest possible cost.

Speech Topic and Presentation Summary:

- My Life on a Plant-Based Diet - How a Routine Exam Opened my Eyes to a Whole New Way of Eating, and the Health Benefits I have Realized

Most people know that what we eat can have a significant impact on our health, but there is a great deal of confusion as to the best diet for maximum wellness – and satiety. Some experts tell us that we should maximize our consumption of lean meats and avoid carbohydrates. Others tell us that we should center our diet around whole fruits and vegetables, avoiding or minimizing the consumption of meat and dairy. This presentation will focus on the presenter’s experience with the latter approach. In it, Dr. Rob Stuart will discuss his own personal experience with a plant based diet, briefly describing his family background, the health concerns that led him to change his way of eating, and the changes he has made over the years. To give attendees a better understanding of the rationale for this approach to eating, he will briefly summarize some important research in the field of nutrition. He will present a couple of very simple recipes that virtually anyone can prepare, and he will close with a list of resources that attendees can access if they wish to make the change to a plant-based diet.