



what to
eat
when
you don't
eat
animals



menus and ideas
to inspire people who want
to eat as if life is
precious

created by
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“To be ‘for animals’ is not to be ‘against humanity.’ To require others to treat animals justly, as their rights require, is not to ask for anything more nor less in their case than in the case of any human to whom just treatment is due. The animal rights movement is a part of, not opposed to, the human rights movement. Attempts to dismiss it as anti-human are mere rhetoric.”

~ **TOM REGAN, ANIMAL RIGHTS PHILOSOPHER**



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introduction

WELCOME to **What To Eat When You Don't Eat Animals!** This guide is for you if...

- You are an animal lover and therefore want to eat in a way that respects ALL ANIMALS
- You want to eat delicious, nurturing, inexpensive, healthy meals that are easy to prepare
- You've always wondered, "What do vegans eat?"
- You are vegetarian or already cutting back on eating animal products, and you want to go vegan but you don't know how
- You think that you'll have to give up cheese, ice cream, and burgers if you go vegan (You will be amazed at all of the scrumptious vegan versions of everything!)
- You want to improve your health and well-being, and the health and well-being of your friends, your family, other humans, and all animals
- You want to do your part to end our climate catastrophe
- You are already vegan and always overjoyed to find more vegan goodies
- You want to make a consequential difference for our world with every bite

To be clear, a vegan is someone who does not participate in any form of animal abuse, exploitation, or slaughter, which includes abstaining from using, wearing, and consuming all animal products, such as dairy, eggs, honey, gelatin, wool, leather, silk, feathers, skin, and fur. Vegans avoid all forms of animal exploitation. **Simply stated, veganism is not just about food: It is an ethical stance for total liberation of ALL CREATURES.**

what you'll find here

In this guide you will find lots of ideas, menus, product suggestions, and advice about what to eat when you don't eat animals! This resource is designed to get you thinking about what's abundantly available for you to eat that doesn't come from unimaginable animal suffering and utter environmental devastation. You might be amazed at how many fruits and vegetables you will learn to prepare in a myriad of new ways. Find thousands of vegan cookbooks and literally millions of vegan recipes online! That is, if you love to cook, which I DON'T.

This guide is about easy, delicious, satisfying vegan meals, and includes lots of menus, so that you can see how varied, satisfying, and "easy breezy" it is to be vegan. Also included are product brand names, which are in **bold** and linked to websites, so that you can order them online, find them at locations near you, and request that your local stores and restaurants carry them. To the best of our knowledge, all products in this guide are vegan. We have included companies and brands that provide only vegan products, but, unfortunately, some of them are owned by corporations that sell animal products and/or test on animals; you will have to decide for yourself which brands you purchase. In this guide you will also find irrefutable, horrifying, and powerful facts about the consequences of our food choices on...oh, just the entire world!

benefits of a vegan diet

You may have heard about the gazillions of benefits of living vegan. Many people lose weight, reverse disease, or even toss out prescription drugs. Most people get much healthier. My theory is that many of the positive results that people experience from going vegan do not happen as the result of changing what they eat, but rather because people have STOPPED consuming the flesh and tissue and wings and organs and bodily secretions and "products" from other beings, and they have therefore STOPPED ingesting all of the accumulated steroids, antibiotics, and other drugs that are routinely given to animals in order to keep them alive in filthy and miserable circumstances. And we can't even measure the impacts on our bodies when we consume "products" filled with adrenaline, hormones, and toxins produced by animals who



experienced sickness, depression, terror, and fear. No longer putting poison into your body obviously has positive results! And when you give up eating something that you once craved because you want to honor animals, you will feel better about yourself, and it will affect every aspect of your life.

One outcome of consuming what your body was designed to process efficiently (plants!), rather than ingesting parts and pieces and secretions from slaughtered animals, which take days for your body to break down, is that many people become more “regular.” Vegans are number one at number two! (See **Do Vegans Actually Poop More?**) Other common outcomes include the elimination of bad breath, body odors, asthma-like symptoms, colds, allergies, diabetes, heart disease, and more. Many afflictions dissipate and never return!

my vegan promise to you

I promise you that eating vegan is definitely not about sacrifice. In fact, it’s just the opposite: It’s about eating GREAT food and about bringing many positive changes into your life. Living vegan is about ending your support and participation in insane brutalities inflicted on innocent animals who are brought into this world only to suffer and die to create and become “human food.” Reminding yourself that you are giving up THAT will inspire you.

What inspires me is kindness, compassion, generosity, and the opportunity to eat with honor, and to be nurtured, satisfied, and satiated in ways that support LIFE.

You will discover that it is easier, cleaner, faster, cheaper, healthier, more delicious, and more satisfying to live vegan.

Going vegan is absolutely one of the best things you will ever do. My essay **Some Things I Wish Someone Had Told Me When I Was New to Activism** can help you share your passion for animals with people in your life.

Thank you for making a difference with every bite!

Veda

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BREAKFAST MENUS

The menus below are meant to inspire you to get creative and try new meals. Everything can be veganized! Enjoy a breakfast meal any time of the day! In the menus below, you will find all of the traditional breakfast foods that you love. Before we get to the menus, here are some notes about items that are a traditional part of breakfast, including beverages, sweeteners, fruit, and dairy alternatives.

COFFEE, TEA, & JUICE

Try new beverages! Many drinks are available that provide the same satisfaction as mainstream beverages, but are animal-free, environmentally-conscious, and fair-trade, which means well-being for animals, humans, and the environment. Check the labels to make sure that there are no animal ingredients. For vegan creamers, check out the list on page 30.

SWEETENERS

White sugar (also called cane sugar, table sugar, granulated sugar, or regular sugar) is not vegan because it is processed through bone char, a decolorizing filter that is made from the bones of cows and other animals. This refining process is what makes the sugar white, although some brown sugar also goes through this process. Instead of sugar, try fructose (sugar from fruit), **Stevia** (a very sweet natural sweetener made from plant extract), raw/unbleached sugars (such as **Sugar in the Raw**), maple syrup, molasses, or agave. **Suzanne's Specialties** has a wide variety of vegan and organic sweeteners that you may order to be shipped to you.



Honey is not vegan because bees are sentient individuals who suffer and die just like other animals who are exploited for human “food.” “Avoiding honey or bee products is consistent with veganism as an ethical philosophy because a bee is an animal. It has nothing to do with perfection or personal purity. As vegans, we cannot ignore the ethical implications and environmental consequences of the bee husbandry industry. Doing so reduces our credibility as a serious movement trying to affect change” (from **There’s an Elephant in the Room: Using Bees for Honey; It’s not Vegan and It’s not “Conservation”**).

“NON-DAIRY” VERSUS “DAIRY-FREE”

The U.S. Food and Drug Administration (FDA) has changed its definitions of these terms over the years. “Dairy-free” now means the complete absence of all dairy derivatives including lactose (milk sugar) and casein/caseinate (milk protein). “Non-dairy” refers to products, such as non-dairy whipped topping and non-dairy creamers, which MAY contain a caseinate milk derivative. Because the FDA states that labeling must be truthful and cannot be misleading, it is safe to assume that a product labeled “dairy-free” is made without dairy ingredients, but you should read the ingredient label to be sure. Look for the word “contains” on the ingredient label. If the product includes any dairy at all, the manufacturer is required to print “Contains: Milk” with the ingredients. Also, the term “dairy-free” refers to the ingredients themselves, not the process or potential allergen cross-contamination in manufacturing. If that is a concern for you, contact the manufacturer and ask if the equipment used comes in contact with any dairy products.



There are many varieties of 100% plant-based milks (also called non-dairy milk, vegan milk, and plant milk) available everywhere: soy, almond, coconut, oat, hemp, spelt, rice, pea, pistachio, walnut, macadamia, flax, banana, cashew, hazelnut, quinoa, sesame, and many more. Try a few until you find plant milks you love. Many of these companies sell in bulk (which is cheaper!) and will ship directly to you. You may always request these

brands and products at your local grocery stores, and request that your local restaurants and coffee shops provide plant milks. There are also many alternatives to butter that are made from coconut oil, sunflower oil, and other ingredients such as cashews and avocados. Check out the lists of vegan alternatives to animal products starting on page 29.

FRUIT

Fruit is a great way to start your day! Did you know that there are over 2,000 different types of fruit? Try as many as you can find in your area to discover your new favorites! You can add fruit to waffles, toast, cereal, oatmeal, pancakes, etc. Of course, you are familiar with apples, bananas, blueberries, cherries, cantaloupe, grapefruit, mango, oranges, peaches, pineapple, strawberries, watermelon, and others, but check out the alphabetical list of 300 fruits on page 27. Every week, pick a few from this list to look for at your local grocery stores and farmers' markets!



SCRAMBLED “EGGS” & “BACON”

JUST Egg makes the best scrambled eggs!

Add vegan cheese such as **Daiya's Dairy-Free Cutting Board Cheddar Flavor Shreds** or **Follow Your Heart's Dairy-Free Feta Crumbles** or **Parmela Creamery's Plant-Based Fiery Jack Shreds, Nourish The Planet**

Olives, onions, peppers, salsa, etc.

Lightlife's Plant-Based Smart Bacon or **The Herbivorous Butcher's Hickory Bacon** or **Maple Glazed Bacon**
Side of berries (black, red, etc.) with Soyatoo Rice Whip (available at **Vegan Essentials, GFO It's Vegan**)



PANCAKES & “SAUSAGE” PATTIES

Follow Your Heart's Rocket Cakes Pancake & Waffle Batter
or make your own pancake batter with plant milk (page 32),
vegan eggs (page 31), and vegan butter (page 29)

Some tasty vegan sausage patties include...

- **Beyond Meat's Breakfast Sausage Classic Patties**
- **Worthington's Meatless Sausage Patties**
- **Lightlife's Plant-Based Breakfast Patties**
- **Meatless Farm's Plant-Based Breakfast Patties**
- **Yves' Breakfast Patties**

Your favorite pancake syrup and **Wayfare Foods' Dairy-Free Salted, Whipped Butter**

Melon or berries



FRUIT SMOOTHIES

If you have a blender, smoothies are a great way to start the day. I like frozen mangoes, peaches, strawberries, and blueberries in my smoothie, but any frozen fruit will do.

Add bananas (not frozen) and any plant milk.

If you want to sneak spinach or kale into your diet, a smoothie is a great way to do it!

Add a sweetener such as maple syrup or agave if needed.

You can also blend in a vegan yogurt such as **Follow Your Heart's Dairy-Free Plain Yogurt** or **Kite Hill's Almond Milk Yogurt**.





BREAKFAST BURRITOS

Frozen breakfast burritos are quick and easy! **Alpha Foods** and **Sweet Earth** have several different breakfast burritos. **Gardein's Eggless Scramble Breakfast Pockets** are also great.

Or make your own breakfast burrito! Start with a tortilla and add any of the following:

- **Eggcitables! Egg Alternative** or **Follow Your Heart's VeganEgg**
- Cubed "ham" from **Worthington's Meatless Ham Deli Roll**
- **Beyond Meat's Beyond Beef Crumbles**
- **Follow Your Heart's Dairy-Free Mozzarella Finely Shredded** or **Good Planet Foods' Plant-Based Cheddar Cheese Shreds** or **Vevan's P'Jack-Shreds**
- Onions, peppers, tomatoes, spinach, avocado, etc.



OMELETS & "BACON"

For awesome omelets, try **Crackd: The No Egg Egg** or **Nabati's Plant Eggz**
Mushrooms, bell peppers, tomatoes, onions, etc.

Violife's Vegan Just Like Mozzarella Shreds or **Follow Your Heart's Dairy-Free Parmesan Grated** or **The Herbivorous Butcher's Feta**

Sweet Earth's Benevolent Bacon (refrigerated or frozen) or **Yves' Veggie Bacon**
Sliced bananas and strawberries



FRENCH TOAST & "SAUSAGE" LINKS

French toast is easy to veganize!

Zero Egg or **Simply Eggless** or another liquid plant egg
Milkadamia's Salted Buttery Spread or **Kite Hill's European Style Butter Alternative** or any vegan butter (page 29)

Plant milk of your choice

Cinnamon, nutmeg, and vanilla extract

Soak the bread in the mixture, and fry in a skillet

Serve with jam, jelly, or syrup

Field Roast's Apple & Maple Plant-Based Breakfast Sausage or **The Herbivorous Butcher's Maple Sage Breakfast Sausage**



WAFFLES & "SAUSAGES"

Most waffle mixes are vegan, but always check the ingredients. You can use any plant milk (page 32) and egg replacer (page 31) to add to waffle mix. (Visit **Waffle Party** for vegan waffle recipes and events!)

Or use **Follow Your Heart's Rocket Cakes Pancake & Waffle Batter**

Worthington's Meatless Sausage Links or **Lightlife's Plant-Based Gimme Lean Sausage**

Add cinnamon or molasses or maple syrup

Grapefruit halves (Cut a grapefruit in half, add raw sugar, and then broil it! Or eat it raw.)



OATMEAL

Any brand of oatmeal will do (but check the label for animal ingredients).

Add water or a plant milk such as **So Delicious' Coconut Vanilla Milk**. Get creative and try different kinds of plant milk: hemp, pistachio, walnut, banana, hazelnut, sesame... The flavors are endless! See the list of plant milks on page 32.

Stir in strawberries, blueberries, raspberries, blackberries, mangoes, apples, or peaches.

Sprinkle with cinnamon.



“EGG” & “SAUSAGE” ENGLISH MUFFINS

“Authentic” English muffins contain milk and sometimes butter, but some store-bought English muffin brands are vegan-friendly because they use vegetable shortening instead. If you can't find vegan English muffins, use a different kind of bread that is vegan.

Orgran's Vegan Easy Egg or **Vegg Egg Substitute**

Lightlife's Plant-Based Gimme Lean Sausage or **Impossible Foods' Ground Sausage and Spicy Ground Sausage**

Good Planet Foods' Plant-Based Pepper Jack Cheese Slices or **Field Roast's Chao Creamy Original or Herb Vegan Slices**



“BACON,” TOAST, & FRUIT

Sweet Earth's Benevolent Bacon (refrigerated or frozen) or **The Herbivorous Butcher's Hickory Bacon** or **Maple Glazed Bacon**

Toast with any vegan butter from the list on page 29

Sliced peaches or pineapple chunks (fresh or canned)



CEREAL, TOAST, & FRUIT

Some cereal brands I love include **Kashi**, **Barbara's**, **Cascadian Farm**, **Nature's Path**, and **Bob's Red Mill**. Just be sure to check the ingredients for animal products, including honey! Keep in mind that many brands of cereal, granola, and oatmeal contain sugar that may have been processed through bone char. My advice is to purchase products with no added sugar, and simply add your own sweetener.

There are so many plant milks now that you will never run out of new ones to try! Check out my list of plant milk brands on page 32. My favorite brands include **Elmhurst**, **Milkadamia**, **Califia Farms**, and **Ripple**.

Toast is a breakfast staple, and most bread is vegan because bread is made from four simple ingredients: flour, water, yeast, and salt. However, some brands add milk, butter, cream, eggs, and/or honey. Check the ingredients for these dairy derivatives: whey, casein, caseinate, and sodium caseinate. Always avoid naan bread, biscuits, and crumpets, which are made with animal products, unless they are clearly labeled vegan. Enjoy toast topped with jam, jelly, fruit spread, maple syrup, or apple butter.

Some of the many vegan butters that go great on toast are **Miyoko's Cultured Vegan Butter**, **Forager Project's Buttery Spread**, and **Om Sweet Home's Non-Dairy Butter Alternative**.

Serve with strawberries or cantaloupe slices or choose from the list of 300 fruits on page 27!





“YOGURT”

If you are on the run, grab a vegan yogurt! Here are some of my favorite brands:

- **Silk** (including Dark Chocolate Coconut, Mixed Berry Acai, Peach, Peach Mango, Blueberry, Strawberry, Unsweet Vanilla, and Vanilla Greek Style)
- **Follow Your Heart’s Dairy-Free Plain or Vanilla Bean Yogurt**
- **Kite Hill’s Almond Milk Yogurt** (including Raspberry, Key Lime, Strawberry, Blueberry, and Peach)
- **Kite Hill’s Blissful Coconut Yogurt**
- **So Delicious’ Coconut Yogurt Alternative** (including Coco Almond Crunch, Spiced Blueberry, Salted Caramel Cluster, Key Lime Pie, Unsweetened Vanilla, Strawberry Banana, Chocolate, and Blueberry)



BREAKFAST BOWLS

Breakfast bowls are perfect when you are in a hurry. **Gardein’s Stea’k & E’ggs Breakfast Bowl** is my favorite. You can even make your own, or look for other ready-made vegan breakfast bowls in local stores.



LUNCH & DINNER MENUS

The menus below are meant to inspire you to get creative and try new meals. Everything can be veganized!

SPAGHETTI & “MEATBALLS”

Spaghetti (Try different kinds and colors.)

Sauce (Any tomato-based sauce will do.)

Gardein’s Meatless Meatballs, Lightlife’s Plant-Based Meatballs, or Hungry Planet’s Pork Thai Meatballs

Sourdough bread with **Miyoko’s Cultured Vegan Butter** or **Wildbrine’s Wild Creamery Oat Butter Alternative**

Crushed garlic

Good Planet Foods’ Plant-Based Parmesan Cheese Shreds, Nourish The Planet



“STEAK” WITH RICE

Yes! Vegan steak! My favorites are...

- **The Very Good Butchers’ Very Good Steak**
- **Vege USA’s Vegan Black Pepper Steak**
- **The Herbivorous Butcher’s Porterhouse Steak and Ribeye Steak**
- **Worthington’s Meatless Steak Steaklet**

Rice (Many brands are ready after cooking a few minutes in a microwave.)

Avocado and tomato slices, or any veggie you like!





MAC & “CHEESE”

Field Roast’s Creamy Mac ‘N Chao and **Chili Mac ‘N Chao** are delicious. They are frozen and can be cooked in an oven or a microwave.

If you prefer a box that you prepare yourself on the stove, try **Daiya’s Cheddar Flavor Plant-Based Deluxe Cheezy Mac**.

You may also cook your own pasta, and then add a vegan cheese sauce. **Daiya’s Cheeze Sauces** are available separately: Cheddar, Zesty Cheddar, and Alfredo. Other great vegan cheese sauces are **Leahy Garden’s Cheese Flavored Sauce Mix** and **The Herbivorous Butcher’s White Cheddar Sauce**.

Steamed broccoli (many steam-in-the bag varieties are ready in minutes.)

Sliced jicama, radishes, or pickles



“TURKEY” & “CHEESE” SANDWICHES

My favorite vegan “turkey” slices:

- **Yves’ Veggie Turkey Deli Slices**
- **Lightlife’s Plant-Based Turkey Deli Slices**
- **Tofurky’s Plant-Based Oven-Roasted Deli Slices**
- **Mrs. Goldfarb’s Unreal Deli’s Roasted Turk’y**

If you like Gouda, try **Nafsika’s Garden’s Vegan Smoked Gouda Cheese Slices** or **Follow Your Heart’s Dairy-Free Smoked Gouda Slices**.

If you prefer Provolone, try **Good Planet Foods’ Plant-Based Smoked Provolone Cheese Slices** or **Nafsika’s Garden’s Vegan Provolone Cheese Slices**.

Cheddar is another great choice. Try **Good Planet Foods’ Plant-Based Cheddar Cheese Slices** or **Miyoko’s Cultured Vegan Cheddar Cheese Slices**.

Your favorite vegan bread

Lettuce, tomatoes, pickles, etc.



TEMPEH & SWEET POTATOES

Tempeh is made from soybeans. If you’ve never had it, give it a try! Tempeh tastes a little nutty, and is chewier than tofu. **Tofurky’s Treehouse Tempeh**, **Marinated Tempeh Strips (Smoky Apple Bacon or Sesame Garlic)**, or **Organic Five Grain Tempeh Cake** or **Lightlife’s Tempeh (Original, Buffalo, and Smoky Bacon)**

Baked sweet potatoes

Steamed zucchini and squash

Tossed salad



GRILLED “CHEESE” SANDWICHES

Bread (Make sure there are no animal ingredients!)

There is an ever-growing number of brands of vegan cheese slices! My favorites for grilled cheese sandwiches are **Daiya’s Dairy-Free Cheddar Flavor Slices** and **Tofutti’s Dairy-Free Cheese Slices**.

Sliced tomatoes, onions, mushrooms, etc.

You can even add **Lightlife's Plant-Based Smart Bacon**, **Field Roast's Smoked Tomato Plant-Based Deli Slices**, or **Worthington's Vegan Smoked, Roast, or Deli Turkey Deli Slices**.



NACHOS

Tortilla chips

Black beans (I buy them canned and drain them in a colander)

Hodo Foods' Adobo Mexican Crumbles or **Beyond Meat's Beyond Beef Crumbles**

VioLife's Just Like Cheddar Shreds or **Field Roast's Chao Mexican Style Blend Vegan Shreds** or **The Herbivorous Butcher's Queso**

Guacamole

Salsa

Tofutti's Better Than Sour Cream



BURRITOS

Burritos are easy and fun! Buy vegan wheat or corn tortillas, add your favorite foods, wrap it up, and heat it.

Beyond Meat's Beyond Beef Plant-Based Ground or **Abbot's Butcher's Savory Ground Beef**, or **Hungry Planet's Beef Ground**

Beans (pinto or black)

Rice (a good brand is **Near East**)

Parmela Creamery's Plant-Based Mild Cheddar Shreds or **Daiya's Dairy-Free Cutting Board Mexican 4 Cheeze Flavored Blend Shreds** or **So Delicious' Plant-Based Cheddar Style Shreds**

Avocado or guacamole

Salsa

There are many brands of frozen vegan burritos that take only a few minutes to cook in a microwave. My favorite brands are **Alpha Foods**, **Sweet Earth**, **Daiya**, and **El Burrito**.



“CHICKEN” TENDERS & MASHED POTATOES

Brands that offer delicious vegan tenders:

- **Gardein's Ultimate Plant-Based Original or Nashville Hot Chick'n Tenders** or **Chipotle Lime Fingers**
- **Lightlife's Plant-Based Chicken Tenders**
- **Rebellious Foods' Plant-Based Tenders**

Make mashed potatoes with a vegan butter (page 29) and plant milk (page 32)

Tofurky's Brown Gravy

Make the potatoes “cheezy” with **Miyoko's Organic Cashew Milk Mozzarella**

Green beans (fresh, frozen, or canned)





“FISH” FILLETS WITH FRENCH FRIES

You won't be able to tell the difference! My favorites are **Gardein's Golden Fishless Filet**, **Good Catch Foods' Plant-Based Fish Fillets**, and **Sophie's Kitchen's Plant-Based Fish Fillets**.

Follow Your Heart's Vegenaïse Tartar Sauce

French fries (Buy them frozen and cook in the oven.)

Applesauce



“TUNA” SANDWICHES

Vegan tuna tastes exactly the same! My favorites are **Sophie's Kitchen's Plant-Based Toona** and **Good Catch Foods' Plant-Based Tuna**.

You can make vegan tuna salad with **Upton's Naturals' Shredded Jackfruit**.

Follow Your Heart's Vegenaïse is available in many varieties including Avocado Oil, Grapeseed Oil, Reduced Fat, Organic Garlic Aioli, Chipotle, Pesto, and Sriracha.

Relish, lettuce, and tomato

Bread (or serve on vegan crackers)

Sliced fresh or canned pineapples



VEGGIE STIR FRY WITH RICE

It's easier than you think! Buy a large bag of frozen veggies (or cut them up fresh) and simmer them with some oil in a large saucepan.

Add cashews and your favorite seasonings.

Rice (Buy frozen and cook in the microwave, or buy dry rice and use a rice cooker. My favorite dry flavored rice brand is **Near East**.)

If you like, add **Gardein's Beefless Tips** or **Sweet & Sour Porkless Bites**.



“ROASTS” WITH POTATOES & VEGGIES

Yes, there are many delicious vegan roasts! Some of my favorites include...

- **Tofurky's Roasts with Stuffing and Gravy**
- **Field Roast's Sage & Garlic Plant-Based Celebration Roast**
- **Field Roast's Hazelnut Cranberry Plant-Based Roast**
- **No Evil Foods' The Pardon Holiday Centerpiece Roast**

Baked potatoes with **Follow Your Heart's Dairy-Free Sour Cream** and **Kite Hill's European Style Butter Alternative**

Broccoli, spinach, or any veggie you like



QUINOA WITH ANYTHING

Quinoa is a delicious and healthy grain that goes with everything! My favorite quinoa brands are **Casbah Authentic Grains** and **RiceSelect**. If you don't want to cook on the stove, you can buy frozen quinoa in a bag that takes a just few minutes to cook in a microwave.

Add chopped celery, onions, tomatoes, and/or cucumber.

Add garbanzo beans or any veggies you like.

Add **Tofurky's Thai Basil**, **Sesame Garlic**, or **Barbecue Plant-Based Chick'n** or **Like Meat's Chick'n Pieces**.

Serve a "meat" cutlet on quinoa. Try **Meatless Farm's Plant-Based Chick'n Cutlets** or **Abbot's Butcher's Slow Roasted Chicken**.

Quinoa can be eaten hot or cold. Make a big batch and refrigerate the leftovers for a quinoa salad tomorrow!



"CHORIZO" & VEGGIES

You read that correctly! You can have delicious vegan chorizo:

- **Abbot's Butcher's Vegan Spanish Smoked Chorizo**
- **Lightlife's Plant-Based Smart Sausage Chorizo**
- **No Evil Foods' El Capitán Chorizo Plant Meat**
- **Charley St's Chorizo**
- **The Herbivorous Butcher's Chorizo**
- **El Burrito's Organic Soyrito**
- **Renegade Foods' Plant-Based Spicy Chorizo**

Peppers, onions, and other veggies

Rice or potatoes or beans



"CHICKEN" NUGGETS OR STRIPS

Some of my favorite vegan "chicken" nuggets include...

- **Hungry Planet's Grilled Chicken Strips**
- **Like Meat's Chick'n Nuggets**
- **Alpha Foods' Chik'n Nuggets or Chik'n Strips**
- **Gardein's Teriyaki Chick'n Strips**
- **Rebelyous Foods' Kickin' Nuggets**
- **Hodo Foods' Thai Curry Nuggets or Chinese 5 Spice Nuggets**

French Fries

Steamed broccoli and carrots



CHILI & CORN BREAD

Gardein's Plant-Based Chili (With or Without Beans) comes in cans.

Many companies offer canned chili that is vegan, but be sure to check labels.

Dr. McDougall's Right Foods' Organic Chili Bean Soup comes ready-to-serve in a box.

Add chopped onions or zucchini to make it healthier!

Cornbread (eggless, of course)

Sliced melon



CHOW MEIN

Chow Mein noodles (Make sure that they are eggless!)
 Steamed broccoli and water chestnuts
 Soy sauce
 Cashews, peanuts, sunflower seeds, and/or macadamias



HUMMUS WITH CRACKERS & VEGGIES

Hummus is a quick and easy meal that is very filling! My favorite brands include **Sabra**, **Roots**, and **Hope**.
 Eat hummus with crackers, cucumbers, carrots, lettuce, or anything you can dip.
 To make hummus healthier and more filling, stir garbanzo beans into the hummus.



TORTILLAS

Tortillas (Be sure to check labels.)
Beyond Meat's Beyond Beef Crumbles
Follow Your Heart's Dairy-Free Italian Blend Finely Shredded or **Miyoko's Cultured Vegan Cheddar Cheese Shreds** or **Vegan's Ched-Shred, Mozza-Shred, or P'Jack Shred**
 Avocados, tomatoes, olives, salsa, etc.



“SAUSAGE” PATTY SANDWICHES

You won't even taste the difference! Try some of these brands:

- **Lightlife's Plant-Based Gimme Lean Sausage**
- **Field Roast's Plant-Based Sausages**
- **Tofurky's Plant-Based Artisan Sausage**
- **No Evil Foods' The Stallion Italian Sausage**

Onions and/or peppers

Violife's Vegan Just Like Smoked Provolone Slices or **Field Roast's Chao Tomato Cayenne Vegan Slices**

Chips (Be sure to check labels!)



“CHICKEN” PATTIES

Gardein's Crispy Chick'n Patty or **Hungry Planet's Chicken Chipotle Patty**

Pickles, lettuce, and tomatoes

Buns

French fries

Applesauce



PIZZA

Yes, vegan frozen pizzas (with vegan cheese and/or vegan meat) are everywhere now. My favorite brands include...

- **Field Roast’s Classic Pizzeria Plant-Based Pepperoni Pizza**
- **Sweet Earth’s Bacon Ranch Pizza**
- **Alpha Foods’ Plant-Based Buffalo Chik’n Pizza**
- **Daiya’s Vegetable Crust & Gluten-Free Pizzas**

You may also order a cheese-less vegetable pizza to be delivered, and then add your favorite vegan cheese and toppings. Many pizza places offer vegan cheese now. (Be sure to ask if the crust is vegan!) Or buy your own vegan crust and sauce, and go crazy with the toppings!

Add shredded cheese to your pizza...

- **Follow Your Heart’s Dairy-Free Fiesta Blend Finely Shredded**
- **Good Planet Foods’ Plant-Based Mozzarella Cheese Shreds**
- **So Delicious’ Plant-Based Mozzarella Style Shreds**
- **Miyoko’s Vegan Pizza Mozzarella**

Add vegan pepperoni too: **Sweet Earth’s Plant-Based Pepperoni Slices** or **Yves’ Plant-Based Pepperoni Slices** or **The Herbivorous Butcher’s Pepperoni**.

I add extra veggies like zucchini, onion, broccoli, olives, artichokes, etc.

Top with **Louisville Vegan Jerky Company’s Bacon Bits** or **Taco Fiesta Bits** or **Frontier Co-Op’s Bac’uns Vegetarian Bits** or **Cool Foods’ Beans-Are-the-New-Bacon Bits**.



“MEATBALL” SUB

You will be amazed by the many scrumptious brands of vegan meatballs:

- **The Very Good Butchers’ Classic Italian Plant-Based Meatballs**
- **Gardein’s Meatless Meatballs**
- **Hungry Planet’s Italian Sausage Meatballs**
- **Beyond Meat’s Italian Style Beyond Meatballs**

Sub buns

Tomato sauce (Some of the brands above come with sauce.)

Vegan cheese such as **Nafsika’s Garden’s Vegan Mozzarella, Cheddar, Swiss, or Edam Cheese Slices**
Peppers, onions, and spices



BLACK BEAN BURGERS

Black bean burgers are great on a bun or on a plate smothered with salsa and guacamole!

Gardein’s Chipotle Black Bean Burger or **Sweet Earth’s Not-Your-Basic Black Bean Burger**
Miyoko’s Cultured Vegan Pepper Jack Slices or **Follow Your Heart’s Dairy-Free Pepper Jack Slices**

Corn-on-the-cob (Pressure-cooked is best, with gobs of vegan butter like **Wildbrine’s European-Style Butter Alternative** or any vegan butter from the list on page 29.)



CORN DOGS

My favorite vegan corn dogs are **Field Roast's Miniature Plant-Based Corn Dogs**.

Vegan baked beans

Sweet potato fries

Field Roast's Creamy Mac 'N Chao



HOT DOGS

My favorite vegan hot dog brands are...

- **Worthington's Meatless Leanies Deli Dog**
- **Field Roast's Signature Stadium Hot Dogs**
- **Sweet Earth's Jumbo Vegan Hot Dogs**
- **Lightlife's Plant-Based Smart Dogs**
- **Meatless Farm's Plant-Based Hot Dogs**
- **Yves' Jumbo Veggie Dogs**

Ketchup, mustard, and relish

Buns

Corn-on-the-cob or canned corn

Potato salad or cole slaw (Be sure to check for animal ingredients!)

Chips



PULLED "PORK" SANDWICHES

No Evil Foods' Pit Boss Pulled Pork BBQ Plant Meat or **Upton's Naturals' Shredded Jackfruit (Original, Chili Lime, or Bar-B-Que)** with vegan 'buns'

Sliced cauliflower or broccoli (raw or steamed)

Radishes, pickles, or sliced cucumbers



"TURKEY" CUTLET

Gardein's Turk'y Cutlet

Steamed snow peas with soy sauce

Sliced pineapple (canned or fresh) or cranberry sauce



"FILET MIGNON" WITH RICE PILAF & VEGGIES

The Herbivorous Butcher's Filet Mignon

Casbah Authentic Grains Nutted Pilaf

Steamed broccoli

Sliced cucumbers, carrots, and tomatoes



TACOS

Choose from the following vegan crumbles or vegan ground:

- **Beyond Meat's Beyond Beef Crumbles**
- **Yves' Original Veggie Ground Round**
- **Impossible Foods' Ground Burger**
- **El Burrito's Meatless Taco Filling**
- **Butler Foods' Taco Crumbles**
- **Lightlife's Plant-Based Ground**
- **Sweet Earth's Plant-Based Awesome Grounds**

Soft or hard taco shells

Field Roasts' Chao Creamy Original Vegan Shreds or **Nabati's Cheeze Cheddar Style Shreds** or **So Delicious' Plant-Based Mexican Style Shreds**

Lettuce, tomatoes, onions, guacamole, salsa, etc.



SOUP

Many soups are vegan, and you can always buy a vegan broth and make your own.

Gardein has a variety of canned soups that include Chick'n Noodl', Saus'ge Gumbo, Minestrone & Saus'ge, Be'f & Vegetable, Chick'n & Rice, and Italian Wedding.

Upton's Naturals also has canned soups: Chick Tortilla, Italian Wedding, and Chick & Noodle.

Dr. McDougall's Right Foods has a wide variety of soup cups and ready-to-serve soup in boxes.

Sprinkle **Butler Foods' Soy Curls** on top for added flavor!



SMOKED "SALMON" ON A BAGEL

Sophie's Kitchen's Plant-Based Smoked Salmon

Serve on an open-faced bagel with vegan cream cheese:

- **Treeline's Plant-Based Cream Cheese**
- **Kite Hill's Cream Cheese Alternative**
- **Miyoko's Vegan Cream Cheese**
- **Violife's Just Like Cream Cheese**

Cucumber slices marinated in soy sauce

Cole slaw with vegan dressing (page 22)



FALAFEL BURGERS

Gardein's Ultimate Falafel Burger or **Yves' Falafel Balls** (sliced)

Casbah Authentic Grains has a falafel mix if you would like to make your own falafel.

Sourdough Toast with sliced avocado

Follow Your Heart's Vegenaise



FETTUCCINI & “SHRIMP”

Sophie’s Kitchen’s Plant-Based Shrimp

Fettuccini, spaghetti, or linguini and your favorite sauce, such as **Victoria Fine Foods’ Vegan Vodka Sauce**
Warm bread with olive oil or fresh crushed garlic
Tossed salad



BBQ “RIBS”

The Very Good Butchers’ Ribz or The Herbivorous Butcher’s Korean BBQ Ribs or Smoky House Ribs

Steamed sliced carrots topped with brown sugar or syrup
Steamed green beans (fresh, canned, or frozen)
Sliced baked apples with cinnamon



PASTA & AVOCADO

Pasta and sauce topped with sliced avocados
Tossed salad
Sliced kiwi

If you like stuffed pasta, try **Kite Hill’s Filled Pastas**: Mushroom Ravioli with Almond Milk Ricotta Alternative, Butter Nut Squash Ravioli, and Spinach Tortellini.



“BLT” SANDWICHES

Lightlife’s Smart Bacon or Yves’ Veggie Bacon or The Herbivorous Butcher’s Hickory Bacon

Tomato, lettuce, and avocado

Follow Your Heart’s Vegenaise

Steamed vegetables
Huge tossed salad



COUS COUS & VEGGIES

Cous cous is durum wheat that cooks in minutes. My favorite cous cous brands are **Casbah Authentic Grains** and **RiceSelect**.

Stir in chopped celery, onions, garbanzo beans, or whatever veggies you like.

Add beans if you like, or add “meat” on top:

- **Like Meat’s BBQ or Grilled Chick’n**
- **Nabati’s Plant-Based Chick’n Burger**
- **Daring Foods’ Original, Cajun, Breaded, or Lemon & Herb Chicken Pieces**



CORN DOGS

My favorite vegan corn dogs are **Field Roast’s Miniature Plant-Based Corn Dogs**.

Vegan baked beans
Sweet potato fries
Field Roast's Creamy Mac 'N Chao



“CRAB” CAKES & “FISH” STICKS WITH SALAD

Some of my favorite vegan crab cakes are...

- **Gardein's Mini Crabless Cakes**
- **Hungry Planet's Crab Cakes**
- **Sophie's Kitchen's Plant-Based Crab Cakes**
- **Good Catch Foods' Plant-Based Breaded Crab Cakes**

Good Catch Foods' Plant-Based Breaded Fish Sticks

Follow Your Heart's Horseradish Sauce Vegenaise

Canned Mandarin oranges with teriyaki sauce
Tossed salad



“TURKEY,” OLIVE, & MUSTARD SANDWICHES

Sweet Earth's Plant-Based Oven Roasted Turkey Deli Slices or **The Herbivorous Butcher's Deli Turkey**
Diced olives and mustard sandwiches

Add a sliced vegan cheese such as **Daiya's Dairy-Free Swiss Flavor Slices** or **Parmela Creamery's Plant-Based Sharp Cheddar or Mozzarella Shreds**

Sliced jicama, diced cauliflower, and salad dressing (page 22)



SEITAN

Seitan (also known as “wheatmeat”) is a chewy, neutral-flavored, protein-rich food made from wheat. Use seitan for great tacos and chili, or add it to pasta sauce, or serve over rice.

Upton's Naturals' Seitan or **Sweet Earth's Seitan Traditional or Chipotle Style**



“MEATLOAF” & POTATOES

The Herbivorous Butcher's Meatloaf or **Gluten-Free Meatloaf**

Fried or boiled seasoned potatoes

Steamed broccoli with **Tofutti's Better Than Sour Cream**



“HAMBURGER”

There are many vegan burgers that can be grilled, microwaved, or fried in a pan, and then served on a bun with your favorite condiments. Some of my favorites include the following:

- **Sweet Earth’s Teriyaki Veggie Burger**
- **Beyond Meat’s Cookout Classic Burger Patties**
- **Hodo Foods’ Tofu Cajun Burger**
- **The Very Good Butchers’ Smokin’ Plant-Based Burgers**
- **Worthington’s Meatless XBurger or Fripat Burger**
- **Rebellyous Foods’ Plant-Based Patties**
- **Impossible Foods’ Burger Patties**



Make it a “fish” burger with **Nabati’s Plant-Based F’sh Burger!**

French fries



“MEATLOAF” & POTATOES

The Herbivorous Butcher’s Meatloaf or Gluten-Free Meatloaf

Fried or boiled seasoned potatoes

Steamed broccoli with **Tofutti’s Better Than Sour Cream**



SALAD & POTATOES

Tossed salad with your favorite veggies

Potatoes (red, russet, white, new, rose)—pressure-cooked, microwaved, fried, boiled, or baked, and topped with any of the following:

- **Daiya** shredded cheese (See page 29 for a list of vegan cheeses.)
- **Om Sweet Home’s Non-Dairy Butter Alternative** (See page 29 for a list of vegan butters.)
- **Tofutti’s Better Than Sour Cream** or **Kite Hill’s Sour Cream Alternative** (See page 32 for a list of vegan sour cream.)
- Vegan bacon bits: **Louisville Vegan Jerky Company’s Bacon Bits** or **Taco Fiesta Bits** or **Frontier Co-Op’s Bac’uns Vegetarian Bits** or **Cool Foods’ Beans-Are-the-New-Bacon Bits**
- Raw sunflower seeds



“BUFFALO WINGS”

Field Roast’s Plant-Based Buffalo Wings or **Gardein’s Barbecue** or **Chipotle Plant-Based Georgia-Style Chick’n Wings**

Follow Your Heart’s Bleu Cheese or **Daiya’s Bleu Cheeze**

Celery sticks, carrot sticks, cucumber slices, or asparagus stalks

Sweet potato fries or onion rings



“CHICKEN” COBB SALAD

Huge salad with your favorite salad greens and tomato, avocado, and chives
Sweet Earth’s Chipotle Chik’n Marinated Plant-Based Shreds or **The Herbivorous Butcher’s Shredded Chicken** or **Gardein’s Mandarin Crispy Chick’n**
Yves’ Veggie Bacon or **Sweet Earth’s Benevolent Bacon** (refrigerated or frozen)
 Vegan dressing (page 22)



AND MORE MEAL IDEAS TO INSPIRE YOU...!

- “CHICKEN” AVOCADO TOAST
- THAI-INSPIRED LETTUCE WRAPS
- SHEPHERD’S PIE
- “CHICKEN” & SPINACH QUESADILLAS
- POTSTICKER DUMPLINGS
- POLENTA WITH CHILI
- ARTICHOKES WITH RICE
- AVOCADO SANDWICHES
- SLOPPY JOE SANDWICHES
- TAMALES
- PASTA & SAUCE WITH ARTICHOKE HEARTS



salads

Sometimes I open a can of mandarin oranges or sliced peaches and call it salad, or I eat radishes or pickles or olives or marinated artichoke hearts and call that salad, or have a grapefruit or an orange. Try new foods and create your own salads!

Here are some ideas for a salad:

- Iceberg lettuce, romaine lettuce, and butter lettuce
- Red cabbage and green cabbage
- Collard greens and spinach
- Cherry tomatoes, plum tomatoes, and Roma tomatoes
- Broccoli and cauliflower
- Sliced oranges, lemons, and tangerines
- Cucumbers, zucchini, and artichoke hearts
- Sliced/diced/grated carrots, beets, turnips, jicama, and radishes
- Garbanzo beans, kidney beans, black beans, green beans, and red beans
- Green onions, red onions, purple onions, and chives
- Red peppers, orange peppers, green peppers, and yellow peppers



- Snow peas, snap peas, and sweet peas
- Almonds, walnuts, peanuts, cashews, macadamias, pine nuts, and raisins
- Sunflower seeds, flaxseeds, pumpkin seeds, chia seeds, hemp seeds, and sesame seeds
- Veggie baco bits: **Frontier Co-Op's Bac'uns Vegetarian Bits** or **Cool Foods' Beans-Are-the-New-Bacon Bits** or **Louisville Vegan Jerky Company's Bacon Bits**

Fruit salads are fun too! See the list of 300 fruits on page 27.

SALAD DRESSINGS

Follow Your Heart's Salad Dressings (including Ranch, Organic Caesar, Thousand Island, Honey Mustard, Creamy Garlic, Bleu Cheese, Organic Balsamic Vinaigrette, Organic Miso Ginger, and Reduced Fat Ranch)

Daiya's Dairy-Free Dressings (including Homestyle Ranch, Creamy Italian, Honey Flavored Mustard, Blue Cheeze, and Creamy Caesar)

Try good ol' oil and vinegar with different spices. Try new spices!

Make your own dressing with guacamole and onions mixed with vinegar and oil. Get creative!

Mix **Follow Your Heart's Vegenaize** with pickle juice and add your favorite seasonings.

You may like salsa, soy sauce, or barbeque sauce on your salad. Try different brands.

Many dressings are free of animal products, but be sure to check ingredient labels!

snacks & desserts

My life would not be complete without snacks AND desserts. Those “just-because-I-like-them” foods. Those “I-deserve-it-because-I-did-something-good” treats. Those “I-probably-shouldn't-eat-these-so-close-to-dinner” goodies. I love sweets and crunchies and messy, completely useless, deliciously-munchable snacks.

CHOCOLATE!

Delicious chocolate doesn't have to contain bovine mammary secretions! Here are companies that make delicious vegan chocolate...

7th Heaven
CO2COA
Cocomels
Mama Ganache Artisan Chocolates

Missionary Chocolates
Rose City Vegan Chocolate
Sjaak's
Zen

The Food Empowerment Project's Chocolate List is an extensive listing of vegan products containing chocolate that are free-trade (no tariffs, quotas, or other restrictions) and that was not sourced from countries where child labor and slavery are prevalent.

“ICE CREAM”

See page 31 for the list of vegan ice cream brands.

“CHEESECAKES”

Daiya's Cheezecakes (including New York, Key Lime, Strawberry, Chocolate, and Pumpkin Spice)
Nabati's Dairy-Free Cheesecakes (including Blueberry, Chocolate, Peanut Butter, and Tiramisu)

SNACK IDEAS

Guacamole (avocados and salsa or taco sauce or minced onions or chopped olives or cilantro or enchilada sauce...) with your favorite chips

Celery with peanut butter or almond butter or sesame butter or soy nut butter

Peanuts, cashews, almonds, walnuts, hickory nuts, hazel nuts, macadamia nuts, sunflower seeds, almonds, Brazil nuts, pistachios...

Potato chips, corn chips, **Ting's Jackfruit Chips!**

Dried fruit or fruit rolls

Frozen bananas with cinnamon sprinkled on top

Fresh strawberries and homemade vegan “whipped cream” – Mix one 8 oz. **Tofutti's Better Than Sour Cream**, 1/4 package soft silken tofu, and your favorite sweetener (Stevia, maple syrup, agave...). Beat the mixture until it peaks.

Sliced tangerines, lemons, or oranges in ice water

Melons: diced, sliced, minced, cubed, or quartered, served with sunflower seeds or slivered almonds or other nuts

Frozen bananas puréed in a blender and topped with your favorite syrup, nuts, seeds, fruit, jam, jelly, candy...

Pretzels and peanut-butter-filled pretzels

Popsicles and fruit juice bars

Trail mix (1,001 combinations, but be sure to check the ingredients!)

Popcorn (microwaved, pressure-cooked, burner-popped, or campfire-popped). Try sprinkling with chili powder, garlic, nutritional yeast, cinnamon, and/or cloves.

The Safe + Fair Food Company offers a wide variety of delicious vegan drizzled popcorn, granola, cookies, and more.

Crackers...crackers...crackers (Read all the tiny print to be sure they're vegan.)

Raisins with peanuts, candy, dates, or sunflower seeds

Berries (black, red, etc.) with **Silk's Dairy-Free Heavy Whipping Cream Alternative** or Soyatoo Rice Whip (available at **Vegan Essentials**, **GFO It's Vegan**) or **So Delicious' Cocowhip** (coconut whipped topping)

Banana splits with your favorite vegan ice cream (page 31), nuts, and vegan toppings

Sorbet is a frozen dessert consisting of fruit juice or flavored water and sugar. Generally, sorbets do not contain animal ingredients, but some American versions do, so be sure to check labels. Avoid sherbet, which contains milk.

Italian ice (also called granita) is crushed ice sweetened with fruit.

And don't forget that fruit is an awesome snack—diced, sliced, minced, juiced, cubed, or quartered. See page 27.

SWEET BEVERAGES

Root beer floats with your new favorite vegan ice cream (page 31)

Lemonade

Ginger-ale (Try organic brands. You'll be amazed!)

Zevia All Natural Sodas

SNACKABLE “CHEESE” WEDGES, BLOCKS, WHEELS, & CUBES

Vegan cheese with crackers, fruit, or wine! (See the alcohol section on page 25.) Cheese is a traditional snack, and now there are many choices of vegan cheese that come as wedges, blocks, wheels, and cubes! A fancy snackable vegan cheese box is an excellent gift!

Catalyst Creamery's Cheese Wedges (Ghost Pepper & Fried Onion, and Dill Havarti Hemp Milk)

Daiya's Cheeze Blocks (Medium Cheddar, Jalapeño Havarti, Monterey Jack Flavor, and Smoked Gouda)

The Fraumagerie's Cultured Artisan Cheese (Botanic Boka Cheddar and Greek Feta)

Good Planet Foods' Snackable Plant-Based Cheese Wedges (Original, Pepper Jack, and Smoked Gouda)

Jule's Gourmet Foods' Brie

The Kinda Co.'s Block Cheese (Cranberry, Garlic + Herb, and Spirulina Blue)

Miyoko's Organic Cashew Milk Artisan Cheese Wheels (Classic Chive, Sundried Tomato Garlic, Garlic Herb, and French Style Winter Truffle)

Myracle Kitchen's Bytes (Caramel, Chocolate, and Original Coconut)

Nuts for Cheese's Wedges (Organic Super Blue and Black Garlic)

Reine Royal Vegan Cuisine's Vegan Artisan Cheese Rounds (Sharp Cheddar, Smoked Gouda, Chipotle, Cracked Pepper Dill, and Raspberry Sage)

RIND's Aged French-Style Plant-Based Cheese Wedges (Paprika, Herb, Classic Cambleu, Garlic Mustard Greens, Bleu, and Bloody Mary)

SriMu's Artisanal NOT Cheese (Bertie, Gold Alchemy, Elder, Dolce Vita, Spire, and Cloud 9)

Treeline's Aged Artisanal Plant-Based Cheese Wheels

The Uncreamery's Classic Vegan Brie Wheel

The Uncreamery's Vegan Cheese Blocks (Dill Havarti, Ghost Pepper Jack, and Smoked Gouda)

The Very Good Cheese Company's Plant-Based Cheese Blocks (Pepper Jack, Cheddah, Goud AF, and Dill'ish with Garlic)

Vevan's Marinated Mozza-Bites or Marinated Mozza-Bites Antipasti

Vevan's P'Jack Snax (bite-size cubes with cranberries and almonds) or **Lemon Poppyseed Snax** (bite-size cubes with poppyseeds, lemon, dried blueberries, and cashews)

Violife's Vegan Just Like Feta Block

Violife's Vegan Just Like Parmesan Wedge

Virgin Cheese's Organic Artisan Cheese Rounds (Lemon Dill, Feta, Smoked Gouda, Sriracha Cheddar, Bleu, and Sharp White Cheddar)

Vromage's Dairy-Free Cheese Blocks (Veganzola, Cranberry, Feta Herb, Feta Basil, Camembert, and Brie Fresh Truffle)

Vtopian's Artisan Cultured Vegan Cheese Blocks and Wedges (Aged White Cheddar, Aged Black Garlic, Smokey Cheddar, Caramelized Onion & Camembert, Basil Brie, and Dark Chocolate Strawberry Brie)

Wendy's Nutty Cheese's Artisan Cashew Cheese Blocks and Wedges (Almond Cheddar, Blueberry Rum de Fleur, Cold Smoked Applewood, Drunken Red Cheddar, Port Wine Cheddar, Cold Smoked Hickory Cheddar, Fig & Fennel, Roasted Garlic, and Champagne & Truffle)



VEGAN “JERKY”

There is a surprising variety of vegan “jerky”!

Butler Foods’ Sam’s Harvest Jerky
Louisville Vegan Jerky Company (Maple Bacon, Perfect Pepperoni, and Buffalo Dill)
Moku Foods (Original, Sweet & Spicy, and Hawaiian Teriyaki)
Primal Spirit Foods’ Primal Strips Meatless Vegan Jerky (Texas BBQ, Mesquite Lime, Hickory Smokes, and Thai Peanut)
The Herbivorous Butcher’s Jerky Sampler (Teriyaki, Sizzlin’ Cajun, and Salt ‘N Peppa)



alcohol

Some alcoholic beverages are not vegan because they contain animal products. Some alcohol is clarified and processed with casein (a milk protein), albumin (egg whites), gelatin (animal protein), or isinglass (fish bladder protein). An excellent resource to determine if alcohol is free of animal products is **Barnivore.com**.

shopping secrets

Nowadays, finding vegan food in most grocery stores is a piece of vegan cake! If you take the time to walk slowly up and down the aisles, you will see many products that did not come from animal suffering that you never saw before. For example, do you always buy the same brand of rice, ignoring that there are at least 10 kinds of rice that you never noticed before? Many people buy the same kind and the same brand over and over again. Try something new!

My first veggie burger was delicious. The second (another brand) was... let’s just say, not to my liking! I now know of over a dozen brands that I absolutely love. If you try a plant milk or a veggie burger or anything that you are not crazy about, keep trying other brands until you find products you like. It’s helpful to keep lists of products that you like and don’t like so that you don’t accidentally buy a product that you don’t like.

Have several days’ worth of food available so you’ll always have an abundance of vegan goodies to choose from, rather than running out and then justifying eating parts and pieces and bodily secretions of animals.

Buy NEW colors, shapes, flavors, and consistencies.

Ask any vegans you know, “What do you eat?”

Ask stores and restaurants to provide vegan options. Ask to speak to the manager rather than just tell the server, cashier, or other staff. Make requests. Make more requests. Then make more requests.

Learn to make fast, inexpensive and delicious meals, or become a gourmet vegan chef! Find thousands of vegan recipes and cookbooks online or at libraries and bookstores.

When an unperishable item you like is on sale or “buy-one-get-one-free,” stock up! You will eat it eventually, so you might as well save money.

Buy in bulk when you can. Some stores and online retailers sell cases of products that are much cheaper than buying items individually.

animal ingredients

You'll be amazed at how many familiar foods—cakes, cookies, breads, juices, chips, pastas—contain animal ingredients. To find out which ones might be in specific products, you must read ingredient labels. Along with obvious animal products such as buttermilk, honey, lard, and egg whites, the following are only a few of the hundreds of commonly used animal ingredients that cause immense suffering and violence:



Acheta Protein
Albumin (Ovalbumin)*
Ambergris
Carmine Cochineal
Carminic Acid
Casein***
Caseinogen***
Dexpanthenal
Diglycerides**
Fletan Oil
Gelatin
Globulin
Glycerides**
Hydrolysates
Lactoferrin

Lactic Acid
Lactose
Lactulose
Lecithin**
Lipase
Livetin
Lysozyme
Meringue
Monodiglycerides**
Myristic Acid
Myristyls
Nougat
Oleic Acid
Ovalbumin
Ovomucin

Ovomucoid
Ovovitellin
Panthenol
Pepsin
Polysorbates
Rennet
Rennin
Sodium Caseinate***
Whey

* From eggs (A shiny glaze on yellow-tinted baked goods may indicate the use of albumin.)

** These ingredients can be derived from plants or animals, and labels may or may not indicate the source.

*** Over 80% of the protein in cow milk is casein (also called caseinogen and sodium caseinate), which is so gooey and sticky that it is also used as an ingredient in paints and glues!

dining out

You'll be surprised at the vegan choices available at many restaurants. Make requests whenever you eat out. You'll find places you love that serve food you love, and you'll find places you love that are willing to enhance their menus for you. And there are places you may not visit again.

Whenever possible, support vegan restaurants. Whether or not you will patronize restaurants that also serve animal products is up to you.

Find local vegan restaurants online. **Happy Cow** is a wonderful app that helps you find vegan restaurants all over the world. You can get many vegan apps to assist you on your vegan journey, such as **Food Monster** and **Is It Vegan?** New vegan apps are being created all the time!

Always ask vegans, "Where do you eat?"

Consider starting your own vegan restaurant or vegan food truck.

And you'll need to decide for yourself if you will allow people to bring animal products into your home or place of business. You'll also need to decide for yourself if YOU will dine with people who are eating dead animals and animal products.

fruits!

| | | | |
|-----------------------|--------------------|-----------------------|-----------------|
| Abiu | Blackcurrant | Dragon Fruit | Jocote |
| Acai | Blood Lime | Duku Fruit | Jostaberry |
| Acerola | Blood Orange | Durian | Jujube |
| Ackee | Blueberry | Eastern Hawthorn | Junglesop |
| African Cherry Orange | Bolwarra | Elephant Apple | Juniper Berry |
| African Cucumber | Bottle Gourd | Emu Apple | Kabosu Fruit |
| African Medlar | Boysenberry | Emu Berry | Kaffir Lime |
| African Moringa | Bramble | Fairchild Tangerine | Kahikatea |
| Agave Plant | Brazilian Guava | False Mastic | Kakadu Plum |
| Aizen Fruit | Breadfruit | Feijoa | Kapok |
| Alligator Apple | Broadleaf Bramble | Fibrous Satinash | Karkalla |
| Amazon Grape | Brush Cherry | Finger Lime | Karonda |
| Ambarella | Buffaloberry | Florida Strangler Fig | Kei Apple |
| American Black | Burdekin Plum | Forest Strawberries | Kepel |
| Elderberry | Burmese Grape | Gac Fruit | Keule |
| American Chestnut | Calabash | Galia Melon | Kiwi |
| American Hazelnut | Calamansi | Gambooge | Korlan |
| Shrub | Calamondins | Genip | Kumquat |
| American Mayapple | Canistel | Giant Granadilla | Kundong |
| American Red | Cantaloupe | Golden Apple | Kutjera |
| Raspberry | Cape Gooseberry | Goumi Fruit | Kwai Muk |
| Apple | Capuli Cherry | Governor's Plum | Lablab |
| Apricot | Carob Fruit | Granadilla | Lady Apple |
| Aprium | Cashew Apple | Grapefruit | Lakoocha |
| Araza | Cedar Bay Cherry | Grapes | Langsat |
| Arhat | Cempedak | Grapple | Lapsi |
| Atemoya | Ceylon Gooseberry | Greengage | Lardizabala |
| Atherton Raspberry | Charichuelo Fruit | Ground Plum | Lemato |
| Avocado | Chayote Fruit | Grumichama | Lemon |
| Babaco | Cherimoya Fruit | Guanabana | Lemon Aspen |
| Bacuri Fruit | Cherry Fruit | Guarana | Leucaena |
| Bael | Chokeberry | Guavaberry | Lillypilly |
| Balsam Apple | Chokecherry | Hackberry | Limeberry |
| Banana | Citrofortunella | Hardy-Kiwi | Limequat |
| Barbadine | Clementine | Hawthorn | Lingonberry |
| Barbados Cherry | Cloudberry | Honeydew | Loganberry |
| Barberry | Cluster Fig | Honeysuckle | Loquat |
| Batuan Fruit | Coco Plum | Horned Melon | Lucuma |
| Bayberry | Common Apple Berry | Huckleberry | Lychee |
| Beach Plum | Conkerberry | Huito | Macadamia |
| Bearberry | Cornelian Cherry | Ilama | Madrono |
| Beechnut | Cranberry | Illawarra Plum | Malay Apple |
| Berry | Crowberry | Imbe Fruit | Mamey Sapote |
| Betel Nut | Cucumber | Indian Almond | Mammee Apple |
| Bignay | Cupuacu | Indian Fig | Mamoncillo |
| Bilberry | Damson | Indian Gooseberry | Mandarin |
| Bilimbi | Date Plum | Indian Jujube | Mangaba |
| Bitter Gourd | Davidson's Plum | Indian Prune | Mangosteen |
| Black Apple | Dead Man's Fingers | Jabotacaba | Manila Tamarind |
| Black Cherry | Dekopon | Jackfruit | Manoao |
| Black Mulberry | Desert Fig | Jambul Fruit | Ma-Praang |
| Black Raspberry | Desert Lime | Japanese Persimmon | Maqui |
| Black Sapote | Dodder Laurel | Jatoba Fruit | Marang |
| Blackberry | Double Coconut | Jelly Palm | Marionberry |

Marula
 Mayan Nut
 Mayapple
 Maypop
 Melinjo
 Melonpear
 Midyim
 Miracle Fruit
 Mock Strawberry
 Monstera Delicisiosa
 Mora De Castilla
 Morinda
 Mountain Pepper
 Mountain Soursop
 Muscadine
 Naartjie
 Nageia
 Nance
 Naranjilla
 Nectacotum
 Nectarine
 Neem

Nere
 Nonda Plum
 Nungu
 Olallieberry
 Olive
 Orange
 Orangelo
 Oregon Grape
 Oroblanco
 Ortanique
 Otaheite Gooseberry
 Papaya
 Passion Fruit
 Peach
 Peach Palm
 Pear
 Pequi
 Persian Lime
 Persimmon
 Peumo
 Phalsa
 Physalis Fruit

Pigeon Pea
 Pigeon Plum
 Pigface
 Pili Nut
 Pine Apple
 Pineberry
 Pink-Flowered Native
 Raspberry
 Plum
 Plumcot
 Pluot
 Potato
 Pomegranate
 Pulasan
 Pummelo
 Rambutan
 Rangpur
 Red Mombin
 Riberry
 Rollinia
 Rose Apple
 Safou

Salak
 Santol
 Sapodilla
 Soncoya
 Star Apple
 Star Fruit
 Strawberry Guava
 Sugar Apple
 Sweet Pepper
 Tamarind
 Tangelo
 Tangor
 Tayberry
 Tomato
 Ugli
 Velvet Apple
 Watermelon
 Wax Jambu
 White Sapote
 Youngberry
 Yuz

100% plant-based dog and cat food

Ami
Benevo
Bond Pet Foods
Compassion Circle
Eco Dogs and Cats
Evolution Diet
Snook's Pet Products

V-Dog
Vecado
Veganpet
VeggiePets.com
Wild Earth

vegan alternatives to butter

Most margarines and many butter alternatives contain palm oil because it is cheap, solid at room temperature, and free of trans fats. Palm oil does not come from animals, but palm oil is not vegan because it directly harms and kills wild animals. Additionally, palm oil production causes significant damage to the environment. Palm oil comes from the fruit of the oil palm tree.

According to the United Nations, palm oil plantations are now the leading cause of rainforest destruction in Malaysia and Indonesia. These areas account for 85% of palm oil production. The burning of forests to clear land for palm oil plantations kills wildlife (especially orangutans), and causes major environmental damage. Orangutans will go extinct unless action is taken to preserve forests in Indonesia and Malaysia where they live.



Earth Balance is a popular non-dairy butter, but it contains palm oil. According to the company, “Any palm oil used in Earth Balance products comes from Roundtable on Sustainable Palm Oil (RSPO) member organizations, committed to environmentally and socially responsible palm oil production.”

Smart Balance is another popular non-dairy butter that contains palm oil. While palm oil isn’t in every Smart Balance variety, most Smart Balance butters are not vegan because they contain vitamin D that is derived from lanolin (from sheep’s wool).

Country Crock is another company that has several varieties of non-dairy butter, but they do contain palm oil. According to the company, “As a proud member of the Roundtable on Sustainable Palm Oil (RSPO), we are committed to sourcing 100% of our palm oil from physically certified sources and ensuring that the palm oil in our supply chain is traceable.”

Melt Organic Butter also contains palm oil. According to the company, “Our palm fruit oil is certified Eco-Social and Fair Trade by the Roundtable on Sustainable Palm Oil (RSPO) to ensure that it is produced both ethically and ecologically.”

The GOOD NEWS is that there are many alternatives to butter that do NOT contain any palm oil. Here are some brands:

Forager Project’s Buttery Spread
Kite Hill’s European Style Butter Alternative
Milkadamia’s Salted Buttery Spread
Miyoko’s Cultured Vegan Butter
Om Sweet Home’s Non-Dairy Butter Alternative
Wayfare Foods’ Dairy-Free Salted, Whipped Butter
Wildbrine’s European-Style Butter or Wild Creamery Oat Butter Alternative

vegan alternatives to cheese

| | |
|---|-------------------------------------|
| Catalyst Creamery | Parmela Creamery |
| Chao (Field Roast) | Reine Royal Vegan Cuisine |
| Cheeze & Thank You | RIND |
| Daiya | Riverdel |
| Darë | So Delicious |
| Follow Your Heart | SriMu |
| The Frauxmagerie on Georgian Bay | Treeline Cheese |
| Good Planet Foods | The Uncreamery |
| The Herbivorous Butcher | The Very Good Cheese Company |
| Jule’s Gourmet Foods | Vevan Foods |
| The Kinda Co. | Violife |
| Kite Hill | Virgin Cheese |
| Miyoko’s Creamery | Vromage |
| Nabati | Vtopian Artisan Cheeses |
| Nafsika’s Garden | Wendy’s Nutty Cheese |
| Nuts for Cheese | |

vegan alternatives to creamers

| | |
|------------------------|---------------------|
| Califia Farms | Mooala |
| Coconut Cloud | Nut Pods |
| Elmhurst | Oatly! |
| Forager Project | Planet Oat |
| Happy Planet | Ripple |
| Laird Superfood | Silk |
| MALK Organics | So Delicious |
| Milkadamia | |

vegan alternatives to cream cheese

Daiya's Cream Cheese
Darë's French Onion Cream Cheese
Follow Your Heart's Dairy-Free Cream Cheese
Kite Hill's Cream Cheese Alternative (including Chive, Pumpkin Pie, Garden Veggie, and Everything)
Miyoko's Vegan Cream Cheese (including Cinnamon Raisin, Savory Scallion, Everything, and Fish-Free Lox)
Nafsika's Garden's Cream Cheese with Garlic and Herbs
Reine Royal Vegan Cuisine's Garlic Chive Cultured Vegan Cream Cheese
So Delicious' Cream Cheese Original and Chive & Onion
The Kinda Co.'s Cream Cheese Bundle (including Farmhouse, Sour Creme + Chive, and Faux Lox + Dill)
Tofutti's Better Than Cream Cheese
Treeline's Plant-Based Cream Cheese (including Plain, Strawberry, and Chive & Onion)
Violife's Just Like Cream Cheese (including Original, Garlic & Herbs, and Cheddar)



vegan alternatives to dips

Jule's Gourmet Foods' Spreads and Dips (Cashew Cheddar Spread, Cheddar Jalapeño Dip, French Onion Dip, and Ranch Dip)
Kite Hill's Dips (Ranch, Queso, French Onion, and Tzatziki)
Kite Hill's Spreadable Cheese
Tofutti's Dippity Doo Dah Dips (French Onion, Garden Cucumber, and Roasted Garlic)

vegan alternatives to eggs

Yes! There are products made from plants that taste exactly like eggs and that can replace eggs when baking! Try different brands until you find ones you love. Here are some brands that specialize in vegan eggs. Search for "egg" on the companies' websites.

Bob's Red Mill's Egg Replacer
Crackd: The No Egg Egg
Eggcitable! Egg Alternative
Ener-G Egg Replacer
Follow Your Heart's VeganEgg
Hodo Foods' All-Day Egg Scramble
JUST Egg
Nabati's Plant Eggz
Namaste Foods' Egg Replacer
Atlantic Natural Foods' Neat Egg
OGGS Aquafaba Egg Alternative
Simply Eggless
Orgran's Vegan Easy Egg
PBCo's Vegan Egg Replacer
Vegg Egg Substitute
Zero Egg



When baking, there are many other alternatives that you may use instead of eggs: applesauce, vegan yogurt, silken tofu, a ripe mashed banana, peanut butter, aquafaba (the liquid from canned garbanzo beans), ground flaxseeds, chia seeds, arrowroot powder, vinegar with baking soda, or a combination of water, oil, and baking powder. Do an online search to find out which of these egg alternatives works best with what you are baking.

vegan alternatives to ice cream

“Ice cream” alternatives made without exploiting animals are everywhere now. Even popular dairy ice cream brands (such as Baskin-Robbins, Ben & Jerry’s, Breyers, Halo Top, Double Rainbow, and Häagen-Dazs) now offer dairy-free products. Many grocery store chains have dairy-free ice creams included as part of their brands. If you don’t like one brand, try another. Each one has a unique taste and consistency, and I promise you’ll find a few that you will love. These vegan companies offer vegan “ice cream”:

Brave Robot
Cado
Daiya
Dream
Forager Project
Nada Moo!

Oatly!
Planet Oat
Ripple
So Delicious
Sweet Pea Very Un-Dairy
Tofutti

vegan alternatives to mayonnaise & sauces

Earth Balance’s Original or Olive Oil Mindful Dressing & Sandwich Spread (Earth Balance’s dressings contain canola oil rather than palm oil, but checks labels just in case.)
Follow Your Heart’s Vegenaïse (including Avocado Oil, Grapeseed Oil, Reduced Fat, Organic Garlic Aioli, Chipotle, Pesto, Sriracha, and Soy-Free)
Follow Your Heart’s Vegenaïse Horseradish Sauce and Vegenaïse Tartar Sauce

vegan alternatives to meat

Here are some companies that have vegan “meat” products. Many of these companies will ship directly to you. You may always request these brands and products at your local grocery stores and restaurants. You will find store locators on many of these websites, to let you know where to find these products locally.

Abbot’s Butcher
Alpha Foods
Beyond Meat
Butler Foods
Charley St
Daring Foods
Field Roast
Gardein
Good Catch Foods
The Herbivorous Butcher
Hodo Foods
Hungry Planet
Impossible Foods
Incogmeato (Morningstar Farms)*

Lightlife
Like Meat
Meatless Farm
Mrs. Goldfarb’s Unreal Deli
Nabati
No Evil Foods
NotBurger (NotCo)
Primal Spirit Foods
Rebellyous
Renegade Foods
Sophie’s Kitchen
Sweet Earth Enlightened Foods
Tofurky
Upton’s Naturals

Vege USA
The Very Good Butchers

Yves Veggie Cuisine
Worthington

* Please note that Morningstar Farms is a division of the Kellogg Company, that sells animal products. On its website, Morningstar Farms states: “All of our Incogmeato branded foods are vegan. Many of our Morningstar Farms foods are vegan or in the process of becoming vegan. Be sure to look for the Plant Based Food Association (PBFA) logo or the word VEGAN on the package you purchase.”

vegan alternatives to milk

There are more and more 100% plant-based milks (also called non-dairy milk, vegan milk, and plant milk) available everywhere: soy, almond, coconut, oat, hemp, spelt, rice, pea, pistachio, walnut, macadamia, flax, banana, cashew, hazelnut, quinoa, sesame, and many more. Try a few until you find ones you love. Many grocery chains now have their own brands of plant milk. Here are some of the most popular companies producing plant milks:

Almond Breeze (Blue Diamond)
Califia Farms
Dream
Eden Foods
Elmhurst
Good Karma Foods
Hodo Foods
MALK Organics
Milkadamia
Mooala
Nada Moo!

NotMilk (NotCo)
Oatly!
Pacific Foods
Planet Oat
Myracle Kitchen
Ripple
Silk
So Delicious
Tempt (Living Harvest)
Westsoy

vegan alternatives to sour cream

Follow Your Heart's Dairy-Free Sour Cream
Kite Hill's Sour Cream Alternative
Tofutti's Better Than Sour Cream

some impacts of eating animals... on animals

Being vegan is not just about food choices, but food is the main aspect of living vegan. The chickens, cows, pigs, turkeys, ducks, fish, sheep, and other animals who are exploited and slaughtered to create and become human food suffer the most, for the longest duration, and in the greatest numbers, compared to animals who are abused and killed for clothing, cosmetics, lab experimentation, circuses, theme parks, etc.

“Humane slaughter” CANNOT exist and makes no sense. How do you “compassionately kill” someone who doesn’t want to die? Animals rely heavily on their senses of sight, smell, and hearing. Imminent death while waiting in line to be slaughtered is a terrifying sensory assault for them. Learn about the lies behind “humane washing” at **The Humane Hoax Project**.

These animals are sentient beings with central nervous systems, which means that they have full self-awareness and can experience emotions, including pleasure, pain, and fear. All birds, mammals, fishes, reptiles, amphibians, and many other animals are sentient and socially-complex beings, with feelings and a strong sense that they are individuals. They want to

live, and they want to avoid suffering and death. They fight for their lives just as we would if someone were trying to harm or kill us.

Below are only some of the thousands of horrific atrocities that are inflicted on animals who are bred only to be exploited and slaughtered to create food for humans.

Over 6.3 million land and aquatic animals are slaughtered for human food every HOUR, just in the U.S. That's 1,758 every single second, mostly fish and birds. To see how many animals are slaughtered for human food worldwide every second, visit **Animal Slaughter Counter**. For more data and statistics about animal slaughter totals, visit **Animal Clock**.

The meat, dairy, and egg sectors of the animal agricultural industry are really just one behemoth industry because they work together supporting each other. The dairy and egg industries sell their "nonprofitable waste" to the meat industry. The male babies who are born to egg-laying hens and dairy cows are considered "nonprofitable waste" because males cannot produce milk or eggs, which makes them "worthless" to these industries. The egg-laying hens and dairy cows themselves also become "nonprofitable waste" when their decline in milk or egg production renders them "worthless" too. They are ultimately slaughtered after enduring misery and exploitation for their entire lives.

According to the ASPCA (American Society for the Prevention of Cruelty to Animals), 920,000 shelter animals (mostly dogs and cats) are euthanized every year in the U.S. According to the USDA (United States Department of Agriculture), 9,759,470,500 farmed land animals are slaughtered for food every year in the U.S. That means that in the U.S., for every dog or cat killed in a shelter, 10,608 "food" animals are killed. And that number doesn't even include animals who are killed for clothing, cosmetics, experiments, or entertainment, nor does it include fish or other aquatic animals.

The number of aquatic animals is difficult to calculate because they are measured by weight, but an estimation is that nearly four trillion fishes and over 43 trillion shellfishes are killed annually for human food—just in the United States alone. Entire species of fishes are on the verge of extinction to satisfy the demands for "seafood," and for "fishmeal" that is used to feed other animals who are bred and raised to become human food.

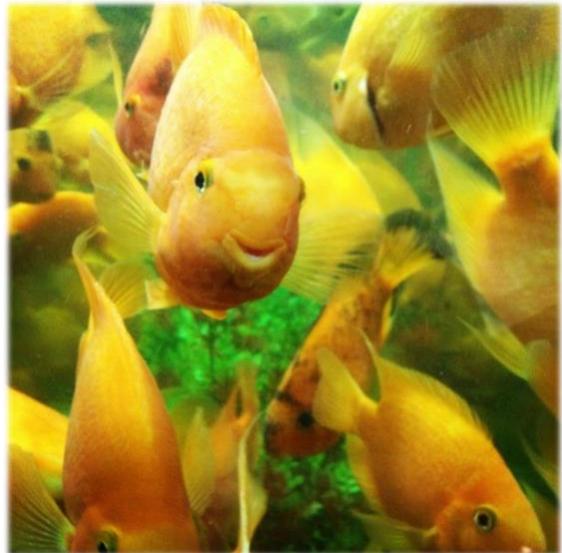
As fish are hauled into boats from five-mile-wide nets that drag up everything and anything from the ocean floor, they are dumped into tanks in the hull where they slowly die, suffocating and crushing all the thousands upon thousands of fish underneath them.

There is an abundance of evidence that fish feel pain and suffer just as much as other animals. Fish have central nervous systems, and they are sentient. Visit the website **Fish Feel** for more information.

After aquatic animals, the most abused animals on earth by number are chickens. Each year over 50 billion chickens are slaughtered worldwide. In the U.S., over 9.3 billion chickens are slaughtered every year. That's 25.6 million chickens slaughtered every single day in the U.S. alone.

Of all land animals who are exploited and killed for human food, egg-laying hens suffer the most, for the longest amount of time, and in the greatest numbers. Chickens represent over 95% of the land animals who are exploited and slaughtered for food in the United States. Including ducks and turkeys, birds account for over 98% of these slaughtered land animals, according to the USDA. For more information about how these birds are treated, visit **United Poultry Concerns**.

The chickens who are eaten by humans are called "broiler" chickens. They are genetically engineered to reach a grotesque weight of more than six times their natural size in only six weeks. Their artificially-induced growth is equivalent to that of a two-year-old human child weighing 100 pounds. They are also injected with hormones, an "artificial plumping process." They are only a few weeks old when they are slaughtered, but they are so large for their underdeveloped bones that many cannot even stand or walk. They develop painful skeletal disorders, lameness, and broken bones, and spend their short lives in misery. Some are so lame that they starve or die of dehydration because they cannot reach food or water.



Baby chickens and turkeys are hatched in large incubators where they never even know their mothers. They spend their lives in filthy, crowded cages or warehouses filled with toxic ammonia fumes. They live in misery until they are slaughtered, never experiencing their mother's love and protection.

According to the USDA, in the United States, approximately 70% of hens who are exploited for their eggs spend their lives in battery cages, which are so small that each hen lives in a space about the size of an 8 1/2 x 11 inch of paper. These birds live about 18 months in a cage sometimes with as many as nine other birds. That means that seven out of 10 eggs consumed in the U.S. come from suffering, sick chickens crammed together in a cage so small that they cannot spread their wings.

Chickens in these horrendous conditions are so psychologically damaged that they sometimes aggressively peck at each other, and even cannibalize each other. To limit extensive injuries, which can impact "egg production," the egg industry de-beaks these birds when they are one to two days old, a painful mutilation that is done without painkillers. A portion of the bird's sensitive beaks is cut off or seared off with a burning-hot blade. Chicks have difficulty eating and drinking after their beaks are mutilated, and many therefore suffer from hunger and dehydration and weakened immune systems for several weeks after the procedure. Many of them literally suffer to death. In this **USDA fact sheet**, the U.S. government openly acknowledges that de-beaking is standard animal agriculture industry practice and causes chronic pain. These hens also suffer from diseases due to unsanitary and hazardous conditions. Because these wire battery cages are stacked on top of each other, feces and urine drop onto the chickens in cages below.



Constant, labor-intensive egg-laying takes a severe toll on their bodies. Hens naturally lay 10 to 15 eggs per year, but humans have genetically tampered with their reproductive systems through generations of selective breeding so that they lay up to 300 eggs per year, more than their frail little bodies are designed to bear. Because the constant laying of over 30 times more eggs than is natural, their bodies are depleted of calcium, which causes many of them to suffer from debilitating, painful osteoporosis.

Once a hen's egg production declines and she is no longer commercially viable (usually after about 18 months to two years), she is sent to slaughter. The source of most chicken broth is the ravaged flesh of these "spent" hens.

Male chicks born to egg-laying hens are of no use to the egg industry. They can't lay eggs, and they do not grow as large as the different breed of chickens that the industry calls "broilers," who are slaughtered for meat. On the day that they are born, the males are separated from the females, and disposed of in extremely cruel ways. The male chicks are either tossed onto a conveyor belt that drops them into a macerator to be ground up alive, or they are gassed to death with carbon monoxide, or sometimes they are just thrown into trash bags or dumpsters where they slowly suffocate in agony.

"Cage-free" chickens live in massive windowless warehouses that hold tens of thousands of them, crowded together in their own filth. "Cage free" is a USDA term that means that the hens can "freely roam a building, room, or enclosed area with unlimited access to food and fresh water during their production cycle, but [do] not have access to the outdoors." Although these birds are not squeezed into tiny wire cages, they never go outside, and they are confined in dark, crowded buildings filled with toxic gasses from their built-up waste. "Free range" means that birds must have "outdoor access" or "continuous access to the outdoors," but these terms are so vague that egg farmers can interpret them any way they want. "Outdoor access" can mean a small outside area attached to the confinement building, but it might be just a tiny mud yard or concrete patio that is only big enough for a few of the 30,000 to 40,000 birds in the warehouse.

Both "free-range" and "cage-free" hens are packed so tightly together in these huge warehouses that the floors are covered with waste and the dead rotting bodies of chickens who died because they were unable to get to food and water, or due to disease. The stench of ammonia and feces heavily permeates the air, and disease runs rampant in these filthy, cramped warehouses. Because these definitions of "cage free" and "free range" are open to interpretation and not enforced anyway, most of these chickens have access to the outdoors only twice in their lives: when they are moved as chicks from the hatcheries to the warehouses and, of course, on their way to be slaughtered.

When birds arrive at slaughterhouses, they are removed so forcibly from the crates that their wings and legs are often broken. Once inside the “live hang room,” workers grab them and slam their legs into metal shackles on a conveyor belt. Try to imagine how excruciating this process must be for them. Most of them flap their wings wildly after being shackled, and because the birds are usually only six weeks old with underdeveloped joints and tendons, wing-flapping can lead to dislocated joints, broken bones, and hemorrhaging in their wings.

The birds are then dragged through electrified water (called a “stun bath”) for several seconds. Every minute, 180 or more birds are dragged through the electrified water. The point of the stun bath is to weaken their neck muscles and to constrict their wing muscles in order to immobilize them for the next stage: the neck-cutting blade. This electrified water is also designed to decrease the struggling of the birds as the blood drains from their necks, in order to promote rapid bleeding, as well as to loosen the birds’ feathers so that they can be more easily removed after they are dead. Unfortunately, many animal rights activists mistakenly believe that the purpose of this procedure is to stun the birds into paralysis. These birds are NOT stunned in order to render them unconscious, or even to alleviate pain, which is what the industry wants us to believe. It just makes their follicles expand so it easier to ‘defeather’ them. Standard animal agriculture industry practice.

Many people assume that “backyard eggs” are cruelty-free, but people who sell eggs from “backyard hens” buy their “starter chicks” from the same hatcheries as all factory farms, where male chicks are slaughtered. If you don’t believe this, then the next time you purchase “backyard eggs,” ask the sellers where the hatcheries and the male chickens are. A common practice for “backyard egg” sellers is to purchase chicks online, who are then shipped without food, water, or any protection, in cardboard boxes. In some cases, male chicks are used as packing material instead of Styrofoam peanuts, and then they are tossed in the trash after the shipment arrives. The next time you purchase “backyard eggs,” ask the sellers how they obtain their egg-laying hens. If they claim to hatch the chicks themselves, then ask to see the hatchery, the mother hens, and the roosters. These hens who lay “backyard eggs” are the same hens whose bodies have been genetically tampered with so that they lay up to 30 times more eggs than their bodies are designed to lay. If you believe that eggs can ever be obtained humanely, think about where the hens come from, and what happens to their brothers and parents. Just like all store-bought eggs, “backyard eggs” come from suffering and violence.



Foie gras is produced by force-feeding ducks and geese a nutrient-deficient mixture of corn, oil, water, and salt, three to four times a day. This mixture is pumped into their stomachs through a metal pipe. Pipe insertion often results in wounds to their throat, esophagus, and neck, and sometimes their necks are broken from this violent procedure. Following force-feeding, elastic may be wrapped around their necks to prevent vomiting. When their livers have been swollen to six to 10 times normal size, the birds are slaughtered and their diseased (hepatic lipidosis) livers are sold as pâté.

To learn more about birds, visit **United Poultry Concerns**.

The next most abused animals in the world are dairy cows, whose milk meant for their babies is used to produce dairy products for humans. Like all mammals, cows must have been pregnant to produce milk. The purpose of a cow’s milk is to help her baby, who weighs less than 100 pounds, grow to be an adult cow who can weigh as much as 2,000 pounds. These babies are separated from their mothers immediately after birth, which is devastating. When a calf is taken away, the mother will scream and cry, sometimes for days.

Male calves born to dairy cows are not profitable for the dairy industry because they can’t produce milk; therefore, the dairy industry kills them immediately, or confines them for six months in darkened crates all alone. These babies are barely able to move, so that their muscles will not develop, in order for them to be sold as “veal” by the meat industry.

Female calves are denied their mothers’ milk and are fed formula instead so that the milk “product” isn’t wasted. The impulse to suckle is so strong in baby calves that they will desperately try to suckle each other’s ears and faces when they are within reach, or even suckle on the fingers of farm and slaughterhouse workers.

Female calves are destined to become tortured “milk machines” just like their mothers, which usually entails about four years of misery, during which they are forcibly impregnated, give birth, and lose their babies over and over again. These mothers are hooked up to machines that pump their udders, until eventually, their worn-out bodies collapse, and then they are sent to slaughter. These “spent” dairy cows are the source of almost all hamburgers.



The spiked nose ring is a standard device used by dairy farmers (on small dairy farms too). It is a ring with sharp spikes protruding outward that farmers insert into a calf’s nose so that the spikes will poke the mother cow when the calf tries to suckle on her udders. The mother rejects the calf because of the painful spikes. Some dairy farms use these cruel devices so that they can (truthfully) say that they don’t separate babies from mothers. They aren’t separated, but they can’t nurse or bond.

All cows are born with tissue that will develop into horns. A standard practice in the meat and dairy industries is to remove the sensitive horn tissue (or the horns themselves) from cows’ skulls by using searing-hot irons, blades, saws, caustic chemicals, or guillotine-like de-horners. Cows struggle violently and have to be restrained during the painful de-horning process, which is done without painkillers.

To maximize their growth and “meat output,” just like chickens, cows have been genetically engineered and bred to gain much more weight than would naturally. They are injected with hormones as an “artificial plumping process.” Sometimes, they gain so much weight that their legs can’t support their bodies.

Many cows spend their lives in small cement stalls, and are never allowed to graze or socialize.

Mother pigs (sows) live inside warehouses with thousands of other sows in caged cement stalls in which they must stand alone, with no room to turn or even to stretch, staring into the dark, year after year, as they are repeatedly forcibly impregnated to produce piglets.

Baby pigs are taken away from their mothers just a few weeks after being born. Piglets’ tails are chopped off, their ears are mutilated, and the males have their testicles pulled out of their scrotums with pliers. These babies scream in agony, and no pain killers are given. Piglets are allowed to nurse through tiny slats in gestation crates in which their mother is restrained. Because they compete for udders, they sometimes fight, which can cause injuries to their snouts and faces, and to the mother’s teats. To minimize potential damage to the “meat,” their eight eye-teeth are snipped off with sharp tools, with no pain relief. All of these procedures are legal and standard animal agriculture industry practice worldwide.

These piglets spend their short lives crowded in filthy pens on slabs of concrete before they are sent to slaughter. They live packed so tightly that they have to sleep on top of each other. The only time they are exposed to fresh air is when they are inside trucks on their way to slaughter.

Sows are impregnated over and over again, and the cycle of forced breeding and restrained torture continues for years, as the mothers lose their babies over and over again, until the mothers themselves are sent to slaughter.

Pig thumping is a standard procedure in the animal agriculture industry worldwide. In factory farms, sickly and injured piglets are picked up by their back legs, their heads are slammed onto the cement floor, and then they are discarded into a “dead box,” and later into a dumpster. There are also mother pigs inside the dumpsters, who are in there because they are too sick or injured to “produce” more piglets. Some of these pigs don’t die right away, and therefore lie in agony inside these dumpsters until they die.

There are minimal local, state, and federal laws, ordinances, and regulations governing the treatment of animals raised for food. People can do whatever they want to these animals, and they do. These animals are fully conscious when the boiling, skinning, and hacking off body parts happen in slaughterhouses, and neither painkillers nor veterinary care are provided.



In the United States, over 98% of the land animals who are exploited and slaughtered for human food have no federal laws protecting them. That's because most of the animals who are slaughtered are birds. The only U.S. federal law that exists is the Humane Methods of Slaughter Act (which was passed in 1958). It mentions exactly four types of animals: pigs, cows, sheep, and horses. The Humane Methods of Slaughter Act applies exclusively to the exact moment that pigs, cows, sheep, and horses are slaughtered. It mandates nothing about how these animals should be treated from birth until the moment that they are killed. These animals have NO protections at all from extreme abuse and prolonged suffering—standard animal agriculture industry practices.

Over 99% of animals used for food in the United States come from factory farms, based on USDA data. Only a minuscule fraction of animals used for food come from small farms. By species, approximately 70.4% of cows, 98.3% of pigs, 99.8% of turkeys, and over 99.9% of chickens slaughtered in the U.S. come from factory farms. The vast majority of U.S. factory farms use horrendously cruel confinement devices: battery cages for egg-laying hens, gestation crates for pigs, and dairy industry veal crates.

Even on small farms, the animals endure immense pain and suffering from the well-documented standard practices that neither the animal agriculture industry nor our government even bother to deny: castration, de-beaking, de-horning, tail docking, tail clipping, teeth clipping, branding, hole punching in ears for tags, udder singeing, spiked nose ringing, and other mutilations—all done without any painkillers. Yes, on small family-owned farms, the animals endure most of these same cruel and abusive (but legal) standard animal agriculture industry practices.

On their way to slaughter, animals may be suffocated or injured as other animals fall on them when trucks head around curves or move up and down steep grades. Some animals arrive at slaughterhouses dead or dying from dehydration or heat exhaustion, or they may become frozen to the sides of trucks. Frozen body parts are hacked off with chainsaws or hatchets, or they are pulled loose with crowbars.

At slaughterhouses, animals who are too sick or injured to walk to slaughter are forced to move with electric prods, forklifts, grappling hooks, and baseball bats. Those who are unable to move are either dumped on a “down pile” where they are left to die with other injured or sick animals, all written off as business losses.

The U.S. government spends our tax dollars promoting and subsidizing these abusive and violent industries, and politicians are reimbursed with huge campaign contributions. The meat, dairy, and egg industries also fund the media, so that what you see is only the propaganda that they want you to see. They also fund our healthcare and educational systems, all in an effort to deceive you and to prevent you from knowing what really happens to these animals, so that you will continue to support all of this unspeakable torture and brutality.

Wild horses who have lived freely for hundreds of years on our public lands are brutally harassed and rounded up by the Bureau of Land Management's (BLM) helicopters at the behest of people who profit from the grazing of cows, sheep, and goats on our public lands. These welfare ranchers and the BLM repeatedly mislead the public by claiming that these roundups are necessary for the “welfare” of the horses.



Most of the horses are confined in crowded holding stalls, and a few are put up for adoption. The vast majority are transported under horrendous conditions to be slaughtered for human “food” in Mexico or Canada. They are shipped to slaughter in trucks designed to transport cows, and may ride for thousands of miles, from two to five days, without being able to lift their heads to normal heights, often arriving injured with infections before they are stunned, hung up by their hind legs, and have their throats slit. Then they are hacked up to be sold in countries where horse meat is “culturally acceptable.”

“I have unfortunately been inside slaughterhouses and can tell you that the animals are not willingly walking up to the end of the kill line and sticking their necks out. These animals fight with every bit of strength they have left at the end of that kill line. They fight to get out of that kill line. They don’t want to die, and they know it’s coming. They see, and they know exactly what’s going to happen to them. There is absolutely no truth that any process of slaughtering is humane. From the moment those animals are taken from those trucks and forced through the slaughtering process, it is the most inhumane treatment that I have ever witnessed.”

~ CAYCE MELL, HUMANE OFFICER AND ANIMAL RESCUER

“The preferred method of handling a cripple is to beat him to death with a lead pipe... If you get a hog in a chute that’s had a heart attack or refuses to move, you take a meat hook and hook it into his bunghole (anus)...”

~ GAIL EISNITZ, SLAUGHTERHOUSE (AVAILABLE THROUGH HUMANE FARMING ASSOCIATION)

“Turning pigs into commodities, the deliberate reduction of them into mere things, characterizes the mindset of the industry. ‘The breeding sow should be thought of, and treated as, a valuable piece of machinery,’ advises a corporate manager of Wall’s Meat Company, ‘whose function is to pump out baby pigs like a sausage machine.’ Say what you will, the hog industry is mighty good at this.”

~ TOM REGAN, ANIMAL RIGHTS PHILOSOPHER

“It’s hard to imagine calling the dairy industry anything but ‘inhumane’ when you consider that on dairy farms, cows are artificially inseminated and forced to give birth, only to have their beloved babies torn away from them so the milk that nature intended for them can instead be consumed by humans. Both mother cows and their calves are emotionally traumatized when forcibly separated from one another. The mother cows bellow in desperation, and their calves bawl in distress. They cry out for each other for days—in vain. The male calves—often referred to as ‘byproducts’—are either shot at birth or destined to become veal. The female calves, like their mothers, face a lifetime of repeated forcible impregnation and anguish over their stolen babies. Their bodies are strained to the limit in order to squeeze out every last drop of milk. Today, cows typically produce 10 times more milk than they would naturally in order to feed their calves.”

~ PEOPLE FOR THE ETHICAL TREATMENT OF ANIMALS (PETA)

Pregnant Mare Serum Gonadotropin (PMSG) is a fertility hormone brutally extracted from pregnant mares and injected into factory farmed sows to increase litter sizes.

~ ANIMAL JUSTICE CANADA

“Animal suffering and killing are the two main ingredients in EVERY BITE of ‘meat,’ dairy, fish, eggs, and honey. Don’t believe the propaganda. It’s all industry hype to make people feel good about something really bad. Harmless, innocent, feeling, screaming, crying, emotional beings tortured, imprisoned, mutilated, and killed, one by one, by the billions... You’ve heard your inner Vegan calling out to you. You know EVENTUALLY you will Go Vegan. Why wait? EVENTUALLY has arrived! Make TODAY the day to make the best decision of your life! ... Life is short and temporary. Why cause more misery in the world?”

~ BOB LINDEN, GO VEGAN RADIO

“The environmentalist who isn’t Vegan is NOT an environmentalist! If we all go Vegan, we’ll free land the size of Africa for reforestation and species recovery.”

~ BOB LINDEN, **GO VEGAN RADIO**

“When I see cages crammed with chickens from battery farms thrown on trucks like bundles of trash, I see, with the eyes of my soul, the *Umschlagplatz* [where Jews were forced onto trains leaving for the death camps]. When I go to a restaurant and see people devouring meat, I feel sick. I see a holocaust on their plates.”

~ GEORGES METANOMSKI, **A HOLOCAUST SURVIVOR WHO FOUGHT IN THE WARSAW GHETTO UPRISING**

“For most of the society, life was lived as if none of this was happening. People had regular jobs, concentration camp workers went off to work in the morning and came home at night to loving families, a home-cooked meal, a warm bed. It was a job for them as it is for the animal experimenter, the trapper, game agent, or the factory farm worker.”

~ ANNE MULLER, **WHO LOST MANY OF HER FAMILY MEMBERS IN THE HOLOCAUST**

“It is wrong to harm others, and as a matter of consistency we don’t limit who the others are; if they can tell the difference between pain and pleasure, then they have a fundamental right not to be harmed... Unless you believe in fascism, that might makes right. We do not have a right to harm others.”

~ HENRY SPIRA, **HOLOCAUST SURVIVOR AND ONE OF THE FIRST ANIMAL RIGHTS ACTIVISTS**

“That’s the real lesson of the Holocaust, isn’t it? That people could do everything and anything to those that they deemed ‘sub-human.’ Which is, of course, what we do to animals.”

~ BARBARA STAGNO, **WHO LOST HER GRANDPARENTS IN THE HOLOCAUST, CITIZENS FOR ALTERNATIVES TO ANIMAL RESEARCH AND EXPERIMENTATION (CAARE),**



some impacts of eating animals... on human health

It is very well-documented that animal agriculture has a major destructive impact on human health, worldwide human hunger and starvation, antibiotic resistance, and the development of zoonotic diseases that can become deadly pandemics.

Eggs contain high amounts of saturated fat and cholesterol and are therefore a major contributor to heart disease. High cholesterol is also linked to obesity, breast cancer, liver cancer, joint pain, inflammation, and infertility. Animal products, especially eggs, are very high in cholesterol. The human body produces more cholesterol than it needs. It is not necessary for humans to consume any dietary cholesterol at all. One average-sized egg contains 186 milligrams of cholesterol, which is 62% of the U.S. recommended daily allowance. Excess cholesterol can lead to coronary artery disease and heart attacks because the human body can’t manage it. In fact, a **study** published in the Journal of Atherosclerosis Research found that eating one egg per day is as bad for the heart as smoking five cigarettes per day.

In the United States, it is illegal for eggs to be advertised as healthy or nutritious or even safe. Here are the USDA’s requirements for use of the word “healthy” in advertising:

- The saturated fat must be 1 gram or less of saturated fatty acids per 100 grams,
- The saturated fat must be less than 10% of calories from saturated fats, and
- The cholesterol must be 90 milligrams or less per serving.

Eggs do NOT meet that standard, and therefore are not permitted to be advertised as “healthy.” (For more information, watch the video “Who Says Eggs Aren’t Healthy or Safe?” by Dr. Michael Greger, **Nutrition Facts**.)

A **review** of 14 studies published in the Journal *Atherosclerosis* found that people who consume the most eggs increase their risk for diabetes by 68%.

According to the Centers for Disease Control and Prevention (CDC), approximately 1 in 10,000 eggs is infected with *Salmonella*, a type of bacteria that is a principal cause of hospitalizations related to food poisoning. Egg consumption is the second leading cause of *Salmonella* poisoning worldwide (the first is chicken consumption). *Salmonella* bacteria in eggs can survive most cooking methods. Over 10,000 Americans are food-poisoned by *Salmonella* from eggs annually.



Like all mothers’ milk, cow milk contains hormones, proteins, growth factors, fat, and cholesterol. Additionally, cow milk contains blood, steroids, bacteria, pathogens, acidic proteins (which leech minerals and calcium from human bones), and millions of pus cells. Over 80% of the protein in cow milk is casein, which is also used as an ingredient in some paints and glues.

Packaged meat doesn’t rot because it’s been treated with a special process that uses carbon monoxide, carbon dioxide, and nitrogen. Using this toxic preservative is a standard procedure approved by the USDA and FDA (Food and Drug Administration). The animal agriculture industry insists that treatment with carbon monoxide, called “modified atmosphere packaging,” is necessary due to the difficulty of keeping carnage from rotting while in grocery store coolers. The North American Meat Institute says that carbon monoxide has been used safely in meat products for decades.

All protein comes from plants, which is why it is totally unnecessary for humans to consume animal products for protein. Proteins are chains of amino acids. The human body actually makes 11 amino acids on its own, which are called “non-essential.” The nine more-complex “essential” amino acids that we need from external sources are derived from plants. Our bodies actually make protein when we need it, from these amino acids. When you eat animal products, your body has to work harder to break down the protein made by the animal, back into its component parts, and then reassemble it again. Plants provide all of the amino acids that humans require to build protein. In fact, the human requirement for protein is so low (5 to 10% of our total caloric intake) that as long as you consume enough calories, it’s virtually impossible to have a protein deficiency. When was the last time you heard of someone with a protein deficiency?

Meat, milk, and eggs increase acidity in the human body. A high-acidic blood pH causes inflammation and impairs recovery from illness and disease. Foods made from plants are alkaline, and studies show that fruit, nuts, and legumes decrease inflammation, potentially lowering the risk of chronic disease.

Animal exploitation is responsible for the development of pandemic and endemic viral diseases of zoonotic origin such as SARs, Ebola, E. coli, MRSA, salmonella, MERS, H1N1 swine flu, mad cow disease (BSE), H5N1 avian influenza virus, the Spanish flu, HIV/AIDS, the Nipah virus, Lassa fever, Rift Valley fever, Q fever, Crimean-Congo hemorrhagic fever, brucellosis, trichinosis, influenza, measles, gonorrhea, syphilis, anthrax, and COVID-19. These zoonotic diseases all started because of humanity’s exploitation of animals, whether they were raised for food or experimented on in laboratories. These deadly diseases and pandemics would not exist in a vegan world.

The World Health Organization, the Food and Agriculture Organization of the United Nations, and the World Organization for Animal Health state that increased demand for animal protein is one of the main risk factors of a pandemic.

The CDC warns that more than six out of every 10 known infectious diseases in people can be spread from animals, and that three out of every four new or emerging infectious diseases in people come from animals: **CDC National Center for Emerging and Zoonotic Infectious Diseases**.

Over 90% of the antibiotics sold in the U.S. are fed to factory-farmed animals to keep them alive and producing “product.” In every bite of ice cream, turkey, fish, yogurt, filet mignon, and any animal product, there are hormones, steroids, antibiotics, and other pharmaceuticals.

More than 870 million people in the world are starving, and every year, childhood malnutrition is a cause of death for more than 2.5 million children worldwide, according to the United Nations. The vast majority of the world's starving people live in countries where plants are fed to animals who are slaughtered and then transported to wealthy countries, where humans consume the animals' flesh and organs. If we stopped intensively breeding animals by the billions for food that humans don't need, and instead used that land to grow plants for human consumption, we could easily feed every human on Earth with healthy and affordable food. For example, a cow's diet requires much more vegetation than a human diet because an adult cow can weigh from 1,600 to 2,400 pounds. We could ensure that every human on Earth has enough food to eat if we consumed plants rather than feeding massive amounts of plants to animals who are eaten by humans. One acre of land can produce 2.5 pounds of animal flesh or over 24,000 pounds of edible plants.

- Oppenlander, Richard A. **Food Choice and Sustainability: Why Buying Local, Eating Less Meat, And Taking Baby Steps Won't Work.** Minneapolis, Mn: Langdon Street, 2013.
- Schwab, Denise, et al. "Grass-Fed and Organic Beef: Production Costs and Breakeven Market Prices, 2008-2009." Iowa State University, 2012.

"What made this project especially remarkable is that, among the many associations that are relevant to diet and disease, so many pointed to the same finding: People who ate the most animal-based foods got the most chronic disease. Even relatively small intakes of animal-based food were associated with adverse effects. People who ate the most plant-based foods were the healthiest and tended to avoid chronic disease. These results could not be ignored. From the initial experimental animal studies on animal protein effects to this massive human study on dietary patterns, the findings proved to be consistent. The health implications of consuming either animal or plant-based nutrients were remarkably different... The distinctions between government, industry, science, and medicine have become blurred. The distinctions between making a profit and promoting health have become blurred... The result is massive amounts of misinformation, for which average American consumers pay twice. They provide the tax money to do the research, and then they provide the money for their health care to treat their largely preventable diseases."

~ DR. T. COLIN CAMPBELL, **THE CHINA STUDY: THE MOST COMPREHENSIVE STUDY OF NUTRITION EVER CONDUCTED**



"Even though information and opinions are plentiful, very few people truly know what they should be doing to improve their health. This isn't because the research hasn't been done. It has. We know an enormous amount about the links between nutrition and health. But the real science has been buried beneath a clutter of irrelevant or even harmful information—junk science, fad diets, and food industry propaganda. I want to change that. I want to give you a new framework for understanding nutrition and health, a framework that eliminates confusion, prevents and treats disease, and allows you to live a more fulfilling life. I have been 'in the system' for almost 60 years, often at the very highest levels, designing and directing large research projects, deciding which research gets funded, and translating massive amounts of scientific research into national expert-panel reports. After a long career in research, policy making, and lecturing to a wide variety of public and professional audiences, I now understand why Americans are so confused. As a taxpayer who foots the bill for research and health policy in America, you deserve to know that many of the common notions you have been told about food, health, and disease are wrong... *The China Study*...unearths surprising answers to the most important nutritional questions of our time: What really causes cancer? How can we extend our lives? What will turn around the obesity epidemic? *The China Study*...represents a major turning-point in our understanding of health."

~ DR. NEAL BARNARD, **PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE**

"In 2015, a meta-analysis by the Physicians Committee published in *Cardiovascular Diagnosis and Therapy* found that a plant-based diet improves type-2 diabetes treatment—and does so more effectively than oral diabetes medications. In the last 30 years, we have published more than 70 research papers, including three major meta-analyses on the role of plant-based diets in improving blood pressure, blood sugar, and body weight."

~ **THE PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE**

“The beef industry has contributed to more American deaths than all the wars of this century, all natural disasters, and all automobile accidents combined. If beef is your idea of ‘real food for real people,’ you’d better live real close to a real good hospital.”

~ DR. NEAL BARNARD, **PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE**

“Two themes consistently emerge from studies of cancer from many sites: vegetables and fruits help to reduce risk, while meat, animal products, and other fatty foods are frequently found to increase risk. Consumption of dietary fat drives production of hormones, which, in turn, promotes growth of cancer cells in hormone-sensitive organs such as the breast and prostate. Meat is devoid of the protective effects of fiber, antioxidants, phytochemicals, and other helpful nutrients, and it contains high concentrations of saturated fat and potentially carcinogenic compounds, which may increase one’s risk of developing many different kinds of cancer... Diets rich in high-fiber plant foods such as whole grains, legumes, vegetables, and fruits offer a measure of protection. Fiber greatly speeds the passage of food through the colon, effectively removing carcinogens, and fiber actually changes the type of bacteria that is present in the intestine, so there is reduced production of carcinogenic secondary bile acids. Plant foods are also naturally low in fat and rich in antioxidants and other anti-cancer compounds.”



~ **THE PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE**

“Milk and dairy products are not necessary in the diet and can, in fact, be harmful to health. It is best to consume a healthful diet of grains, fruits, vegetables, legumes, and fortified foods including cereals and juices. These nutrient-dense foods can help you meet your calcium, potassium, riboflavin, and vitamin D requirements with ease—and without facing the health risks associated with dairy product consumption.”

~ **THE PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE**

“People are the only animals that drink the milk of the mother of another species. All other animals stop drinking milk altogether after weaning. It is unnatural for a dog to nurse from a mother giraffe; it is just as unnatural for a human being to drink the milk of a cow.”

~ **DR. MICHAEL KLAPER**

“Practicing primary care medicine for over 40 years has taught me many things, but chief among them is that health and disease are not a matter of chance. As a wise professor told me in medical school, ‘People do not get diseases—they earn them!’... The adage ‘By age 20 you have the face that Nature gave you; by age 50, you have the face your choices gave you’ is, indeed, true—and holds throughout the body. By age 50, we have the arteries, the heart, the skin, the colon and the brain that our choices have given us.”

~ **DR. MICHAEL KLAPER**

“A significant convergence of evidence suggests that plant-based diets can help prevent and even reverse some of the top killer diseases in the Western world and can be more effective than medication and surgery: Alzheimer’s disease, cancer, diabetes, heart disease, high cholesterol, high blood pressure, and Parkinson’s disease. Plant-based eating may have a positive effect on abdominal fat, acne, aging, allergies, asthma, body-odor, cellulite, childhood IQ, cognition, dysmenorrhea, eczema, gut flora, fibromyalgia, kidney stones, metabolic syndrome, menstrual breast pain, mood, multiple sclerosis, oral health, rheumatoid arthritis, stools, waist circumference, and weight control. Plant-based eating also appears to help prevent abdominal aortic aneurysm, age-related macular degeneration, cataracts, Crohn’s disease, diverticulosis, gallstones, hiatal hernia, kidney stones, rheumatoid arthritis, ulcerative colitis, and vaginal infections. Eating meat and other animal products may be associated with weight gain (even after controlling for calories), a shortened lifespan, and other negative effects. Meat also contains a high amount of saturated fat, trans fats, sulfur dioxide arachidonic acid, and heme iron. Meat, fish, dairy, and eggs may also increase our exposure to dietary antibiotics, industrial toxins, mercury and other toxic heavy metals, advanced glycation end-products (AGEs), cadmium, xenoestrogens in fish, and estrogenic meat carcinogens...”

~ **DR. MICHAEL GREGER, HOW NOT TO DIE**

“The most ethical diet just so happens to be the most environmentally sound diet and just so happens to be the healthiest.”

~ DR. MICHAEL GREGER, **NUTRITION FACTS**

“Healthy eating may be best achieved with a plant-based diet, which we define as a regimen that encourages whole, plant-based foods and discourages meats, dairy products, and eggs as well as all refined and processed foods... Physicians should consider recommending a plant-based diet to all their patients, especially those with high blood pressure, diabetes, cardiovascular disease, or obesity... Not only is there a broad expansion of the research database supporting the myriad benefits of plant-based diets, but also healthcare practitioners are seeing awe-inspiring results with their patients across multiple unique subspecialties.”

~ KAISER PERMANENTE (the leading healthcare provider in the United States), **PLANT-BASED DIETS: A PHYSICIAN'S GUIDE**, *THE PERMANENTE JOURNAL*, 2016 SUMMER;20(3):15-082



“Plant-based diets have been associated with lowering overall and ischemic heart disease mortality; supporting sustainable weight management; reducing medication needs; lowering the risk for most chronic diseases; decreasing the incidence and severity of high-risk conditions, including obesity, hypertension, hyperlipidemia, and hyperglycemia; and even possibly reversing advanced coronary artery disease and type-2 diabetes.”

~ KAISER PERMANENTE, **PLANT-BASED DIETS: A PHYSICIAN'S GUIDE**, *THE PERMANENTE JOURNAL*, 2016 SUMMER;20(3):15-082

“Some people think that the plant-based, whole-foods diet is extreme. Half a million a year will have their chests opened up, a vein taken from their leg and sewn onto their coronary artery. Some people would call that extreme.”

~DR. CALDWELL ESSELSTYN, **FORKS OVER KNIVES** (free to watch)

“Recognize meat for what it really is: the antibiotic-and pesticide-laden corpse of a tortured animal.”

~ INGRID NEWKIRK, **FOUNDER OF PEOPLE FOR THE ETHICAL TREATMENT OF ANIMALS (PETA)**

THE ACADEMY OF NUTRITION AND DIETETICS: POSITION PAPER (PDF)

Journal of the Academy of Nutrition and Dietetics, December 2016 (Volume 116, Issue 12, Pages 1970–1980)

The Academy of Nutrition and Dietetics is the largest organization of healthcare professionals in the United States (and the world), representing over 100,000 credentialed practitioners. The Academy's position paper affirms that a vegan diet is best for human health and the environment, stating that appropriately planned vegan diets are “healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases.” The Academy further states that a vegan diet is “appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes.” Furthermore, the Academy states that because a vegan diet uses fewer natural resources and is associated with much less environmental damage, it is therefore more environmentally sustainable than diets rich in animal products. Also according to this position paper, “Vegans are at reduced risk of certain health conditions, including ischemic heart disease, type-2 diabetes, hypertension, certain types of cancer, and obesity,” and a vegan diet is associated with “low intake of saturated fat and high intakes of vegetables, fruits, whole grains, legumes, soy products, nuts, and seeds (all rich in fiber and phytochemicals),” and therefore produces “lower total and low-density lipoprotein cholesterol levels and better serum glucose control. These factors contribute to reduction of chronic disease.”

The Academy of Nutrition and Dietetics used a large collection of studies and public surveys to arrive at its conclusions. Here are some of the Academy of Nutrition and Dietetics' determinations regarding a vegan diet compared to other dietary patterns:

- Vegans are at reduced risk for heart disease, and vegan diets seem to be the most beneficial in improving heart disease risk factors.
- Vegans are at reduced risk for cancer, and a vegan diet provides greater protection against overall cancer incidence.

- Vegans have a lower risk for type-2 diabetes, and a vegan diet serves as effective therapeutic tools in the management of type-2 diabetes.
- Vegans are at reduced risk for hypertension, and have the lowest systolic and diastolic blood pressure levels and the lowest rate of hypertension.
- Vegans are at reduced risk for obesity, and a vegan diet is associated with the lowest body mass index.
- Vegan diets typically meet or exceed recommended protein intakes, when caloric intakes are adequate: “The terms complete and incomplete are misleading in relation to plant protein. Protein from a variety of plant foods, eaten during the course of a day, supplies enough of all indispensable (essential) amino acids when caloric requirements are met.”
- Vegans eat the most fiber, the least total fat and saturated fat, and have the healthiest body weights and cholesterol levels.

some impacts of eating animals... on our environment

It is very well-documented that animal agriculture has a major destructive impact on climate change, widespread air and water pollution, water wastage and water scarcity, deforestation, land degradation, topsoil erosion, species extinction, habitat destruction, desertification, and ocean dead zones.

Our climate catastrophe is drastically exacerbated by the brutal breeding, confinement, exploitation, and slaughter of TRILLIONS of animals for human food.

Industrialized fishing has actually destroyed much of our ocean floors, leaving millions of barren acres devoid of all life. The entire ecosystem of our oceans has been virtually destroyed in some areas.

Fish and sea life clean the world’s waters of toxins and impurities: They are the earth’s kidneys. By decimating their populations, we are destroying ecological systems, which creates imbalances.



Rainforest destruction has caused meteorological imbalances such as abnormal rainfall, heat, wind, drought, snow, and flooding. The clearcutting and burning of the Amazon in order to allow animals destined for slaughter to graze, or to grow food for those animals to consume, has resulted in parts of the Amazon now emitting more carbon than ever before in recorded history.

More than half of the world’s rainforests have been bulldozed so that beef cows can graze on the land, causing the extinction of hundreds of species of mammals, birds, and insects every day. Insecticides and/or pesticides are sprayed on and fed to factory farmed animals, poisoning our topsoil, our ground water, and of course the “products”: meat, dairy, and eggs.

There are minimal (if any) local, state, or federal laws about the disposal of feces and urine that are excreted by animals in the animal agriculture industry. (We slaughter approximately one million land animals an hour in the U.S. How much excrement did one million animals produce in the past hour?)

“A vegan diet is probably the single biggest way to reduce your impact on planet Earth, not just greenhouse gases, but global acidification [air pollution], eutrophication [water pollution], land use, and water use. It is far bigger than cutting down on your flights or buying an electric car... Avoiding consumption of animal products delivers far better environmental benefits than trying to purchase sustainable meat and dairy [and eggs]... Converting grass into [meat] is like converting coal to energy. It comes with an immense cost in emissions.”

~ JOSEPH POORE, LEAD AUTHOR, **REDUCING FOOD'S ENVIRONMENTAL IMPACTS THROUGH PRODUCERS AND CONSUMERS**, *SCIENCE* (JUNE 1, 2018: VOL. 360, ISSUE 6392, PP. 987-992)

The above quote references a comprehensive, five-year **study** by the University of Oxford that reveals the detrimental effects that animal agriculture has on the environment. The study includes data on 38,700 farms in 119 countries, including 1,600 processors, packaging plants, and retailers. Researchers analyzed the impacts of 40 agricultural products, which represent 90% of all food that is consumed by humans worldwide. The study assessed the full impact of these foods on land use, climate change emissions, freshwater use, water pollution, and air pollution. The findings reveal that meat, eggs, and dairy production (which combined, use 83% of the world's farmland) is responsible for 58% of agriculture's greenhouse gas emissions, but that meat, eggs, and dairy products provide only 18% of calories and 37% of protein levels worldwide. The study's abstract emphasizes that the “impacts of the lowest-impact animal products typically exceed those of vegetable substitutes, providing new evidence for the importance of dietary change.”



A 2006 report from the Food and Agriculture Organization of the United Nations, **Livestock's Long Shadow: Environmental Issues and Options**, stated that the animal agriculture industry was responsible for 18% of greenhouse gas emissions. In 2009, World Watch Institute reported that 18% was an under-estimation based on many factors. These factors include the exclusion of animal respiration, overlooked land use, undercounted methane emissions, undercounting of animal statistics, the increase of animal product consumption since the data used by the UN, exclusion of emissions from deforestation (which is done to grow food for farmed animals), exclusion of the use of fluorocarbons needed for cooling animal products, not accounting for waste disposal (of bone, fat, and spoiled body parts that are disposed in landfills, incinerators, and waterways), not accounting for production, distribution, and disposal of packaging used for animal products, and several more factors. Taking all of these omissions into account, World Watch Institute found that the animal agriculture industry is actually responsible for at least 51% of annual greenhouse gas emissions worldwide.

ANIMAL AGRICULTURE IS THE LEADING CAUSE OF CLIMATE CHANGE: A CLIMATE HEALERS POSITION PAPER (PDF)

Journal of Ecological Society (2021 issue, volume 32)

In 2021, a white paper by Dr. Sailesh Rao, Executive Director of Climate Healers, revised the assessment of animal agriculture on climate change further, finding that animal agriculture accounts for at least 87% of annual greenhouse gas emissions annually. The paper presents the results of a Global Sensitivity Analysis (GSA). For the GSA analysis, factual data from the Fifth Assessment Report (AR5) of the Intergovernmental Panel on Climate Change (IPCC) and other peer-reviewed scientific sources were used.

What accounts for these widely divergent estimates comes down to how the calculations are made. Prior calculations by the United Nations and World Watch Institute failed to include the negative impact of forests lost to animal agriculture, for example. Almost half of all ice-free land is used, in some way, for animal agriculture, either for grazing or to grow crops to feed the 80 billion animals raised and slaughtered for food annually. Those destroyed forests are no longer storing and absorbing carbon dioxide, which is the primary gas heating the Earth. The key point is that trees store carbon dioxide, and that by eliminating trees, carbon dioxide increases in the Earth's atmosphere. This key fact is not being properly accounted for in other calculations. The Climate Healers position paper, **Animal Agriculture is the Leading Cause of Climate Change**, is peer-reviewed and available on the Climate Healers website.

quotes to inspire you

"When an injustice is absolute, one must oppose it absolutely. It was not 'reformed' slavery that justice demanded, not 'reformed' child labor, not 'reformed' subjugation of women. In each of these cases, abolition was the only moral answer. Merely to reform absolute injustice is to prolong injustice. Animal rights demands this same answer: abolition!"

~ **TOM REGAN, ANIMAL RIGHTS PHILOSOPHER**

"When all the dust settles, the idea of animal rights...is simple. It's that you don't exist for me and I don't exist for you. And anytime you reduce me to a piece of utility to advance your aims or your purposes and so on, you violate my rights. I have a right to be treated with respect, I have a right not to be harmed unnecessarily, I have a right not to be killed. If people have cats or dogs, they understand this... They are enduringly presences in the world. They not only are alive. They are the subject of a life. They carry this psychological complexity through time with them that underscores the idea that they retain their identity over time... Fundamentally they are like us and we are like them."

~ **TOM REGAN, ANIMAL RIGHTS PHILOSOPHER**

"All great movements, it is written, go through three stages: ridicule, discussion, adoption. It is the realization of this third stage, adoption, that requires our passion and our discipline, our hearts and our heads. The fate of animals is in our hands."

~ **TOM REGAN, ANIMAL RIGHTS PHILOSOPHER**

"There is more than food on our plates. With every meal, we consume something of the substance of our own values and commitments. Do we respect the demands of reason? Do we value our ability to think and act on our own? Are we satisfied that we are doing the best we can with our lives? These are the truths we consume every day, whether we eat with friends or alone."

~ **TOM REGAN, ANIMAL RIGHTS PHILOSOPHER**

"If, in certain circumstances, we feel compelled to use the term 'broiler' to distinguish chickens bred for meat, this term should never be used as a noun but only as an adjective: Do not say 'broilers.' Say broiler chickens. Don't call hens used for egg-production 'layers' or 'egg-layers,' but rather laying hens. Don't talk about raising 'veal' or refer to a veal calf's prison as a 'veal crate.' Instead say veal calves and veal calf crates. Make the animals visible."

~ **KAREN DAVIS, PRESIDENT, UNITED POULTRY CONCERNS**

"If we feel that we must apologize ever, for being an animal activist, let us apologize to the animals, not for them."

~ **KAREN DAVIS, PRESIDENT, UNITED POULTRY CONCERNS**

"Can one regard a fellow creature as a property item, an investment, a piece of meat, an 'it,' without degenerating into cruelty towards that creature?"

~ **KAREN DAVIS, PRESIDENT, UNITED POULTRY CONCERNS**

"Veganism isn't just a strict vegetarian diet; it is a complete philosophical viewpoint. It is practical in outlook, simple to understand and aspires to the highest environmental and spiritual values. I am sure it holds the key to a future lifestyle for a humane planetary guardianship..."

~ **HOWARD LYMAN, THE MAD COWBOY**

"To consider yourself an environmentalist and still eat meat is like saying you're a philanthropist who doesn't give to charity."

~ **HOWARD LYMAN, THE MAD COWBOY**

"If a vegan drives a Hummer, they will produce fewer greenhouse gases than a carnivore riding a bicycle."

~ **HOWARD LYMAN, THE MAD COWBOY**



“I’m sure that it will take many years before the majority of humans learn as I have that actions, and not words, are the true proof of our understanding of the term ‘humane.’ Living my life as I do now, as a total vegan, gives me great joy in knowing that no animal has to die for me to live... And that makes me feel good... If you visit the killing floor of a slaughterhouse, it will brand your soul for life.”

~ **HOWARD LYMAN, THE MAD COWBOY**

“As a planet, we are eating ourselves to death. Perhaps one day, aliens will land on Earth, review what is left, and wonder in amazement how we were so short sighted. I cannot think of another species whose downfall was triggered by gluttony combined with denial in the service of convenience.”

~ **DAMIEN MANDER, FOUNDER, INTERNATIONAL ANTI-POACHING FOUNDATION**

“It takes nothing away from a human to be kind to an animal... We are all animals of this planet. We are all creatures. And nonhuman animals experience pain sensations just like we do. They too are strong, intelligent, industrious, mobile, and evolutionary. They too are capable of growth and adaptation. Like us, firsthand foremost, they are earthlings. And like us, they are surviving. Like us they also seek their own comfort rather than discomfort. And like us they express degrees of emotion. In short like us, they are alive.”

~ **JOAQUIN PHOENIX, ACTOR / PRODUCER**

“I was three years old. To this day, it is a vivid memory. My family and I were on a boat, catching fish. As one fish was caught, he was writhing. Then he was thrown against the side of the boat. You couldn’t disguise what it was. This was what we did to animals to eat them. The animal went from a living, vibrant creature fighting for life to a violent death. I recognized it, as did my brothers and sisters.”

~ **JOAQUIN PHOENIX, ACTOR / PRODUCER**

“I think that we’ve become very disconnected from the natural world, and many of us...what we’re guilty of is an egocentric world view—the belief that we’re the center of the universe. We go into the natural world, and we plunder it for its resources. We feel entitled to artificially inseminate a cow, and when she gives birth, we steal her baby, even though her cries of anguish are unmistakable. Then we take her milk that’s intended for her calf, and we put it in our coffee and our cereal. And I think we fear the idea of personal change because we think that we have to sacrifice something, to give something up, but human beings, at our best, are so inventive and creative and ingenious. And I think that when we use love and compassion as our guiding principles, we can create, develop and implement systems of change that are beneficial to all sentient beings and to the environment... When he was 17, my brother [River Phoenix] wrote this lyric. He said, ‘Run to the rescue with love, and peace will follow.’”

~ **JOAQUIN PHOENIX, 2020 Oscar acceptance speech**

“It all comes down to pain and suffering... Not intelligence, not strength, not social class or civil right. Pain and suffering...should be prevented or minimized, irrespective of the race, sex, or species of the being that suffers... And non-human animals experience sensations just like we do... They too are capable of growth and adaptation. Like us, first and foremost, they are earthlings. And like us, they are surviving. Like us, they also seek their own comfort rather than discomfort. And like us, they express degrees of emotion. In short, like us, they are alive; most of them being, in fact, vertebrae, just like us.”

~ **FROM THE DOCUMENTARY *EARTHLINGS* (free to watch)**

“If you knock long enough and loud enough at the gate, you are sure to wake up everybody.”

~ **HENRY WADSWORTH LONGFELLOW, POET**

“The soul is the same in all living creatures, although the body of each is different.”

~ **HIPPOCRATES, ANCIENT GREEK PHILOSOPHER**

“The question is not, ‘Can they reason?’ Nor, ‘Can they talk?’ But, ‘Can they suffer?’”

~ **JEREMY BENTHAM, PHILOSOPHER**



“Animals are my friends. And I don’t eat my friends.”

~ GEORGE BERNARD SHAW, PLAYWRIGHT

“There is no fundamental difference between man and animals in their ability to feel pleasure and pain, happiness, and misery.”

~ CHARLES DARWIN, NATURALIST / GEOLOGIST / BIOLOGIST

“The love for all living creatures is the most noble attribute of man. We have seen that the senses and intuitions, the various emotions and faculties, such as love, memory, attention and curiosity, imitation, reason, etc., of which man boasts, may be found in an incipient, or even sometimes a well-developed condition, in [other] animals... [Other] animals, like man, manifestly feel pleasure and pain, happiness and misery. Happiness is never better exhibited than by young animals, such as puppies, kittens, lambs, etc., when playing together, like our own children.”

~ CHARLES DARWIN, *THE DESCENT OF MAN*

“The absence of a neocortex does not appear to preclude an organism from experiencing affective states. Convergent evidence indicates that non-human animals have the neuroanatomical, neurochemical, and neurophysiological substrates of conscious states along with the capacity to exhibit intentional behaviors. Consequently, the weight of evidence indicates that humans are not unique in possessing the neurological substrates that generate consciousness. Nonhuman animals, including all mammals and birds, and many other creatures, including octopuses, also possess these neurological substrates.”

~ CAMBRIDGE DECLARATION ON CONSCIOUSNESS, 2012

“You have just dined, and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity.”

~ RALPH WALDO EMERSON, PHILOSOPHER

“The greatness of a nation and its moral progress can be judged by the way its animals are treated... I hold that the more helpless a creature, the more entitled it is to protection by man from the cruelty of man.”

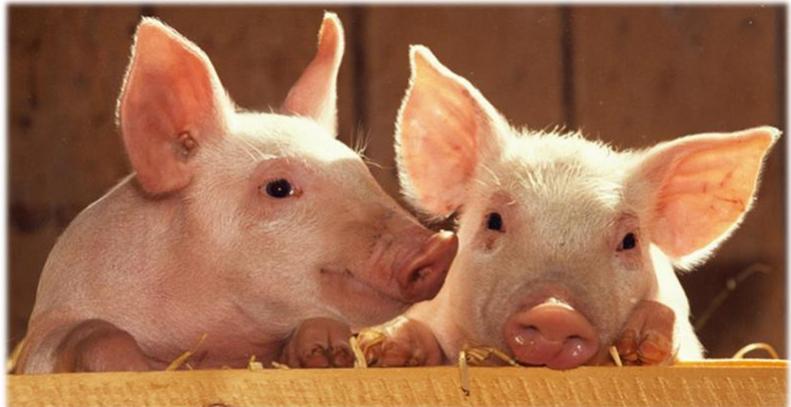
~ MAHATMA GANDHI, POLITICAL ETHICIST

“...We do not consume dairy and egg products, because they are products of the meat industry. If we stop consuming, they will stop producing. Only collective awakening can create enough determination for action.”

~ THICH NHAT HANH, BUDDHIST MONK

“Every day forty thousand children die in the world for lack of food. We, who overeat in the West, who are feeding grains to animals to make meat, are eating the flesh of these children... By eating meat, we share the responsibility of climate change, the destruction of our forests, and the poisoning of our air and water. The simple act of becoming a vegan will make a difference in the health of our planet.”

~ THICH NHAT HANH, BUDDHIST MONK



“Not to hurt our humble brethren [the animals] is our first duty to them, but to stop there is not enough. We have a higher mission: to be of service to them whenever they require it.”

~ SAINT FRANCIS OF ASSISI

“If you have men who will exclude any of God’s creatures from the shelter of compassion and pity, you will have men who will deal likewise with their fellow men.”

~ SAINT FRANCIS OF ASSISI

“One day the absurdity of the almost universal human belief in the slavery of other animals will be palpable. We shall then have discovered our souls and become worthier of sharing this planet with them.”

~ MARTIN LUTHER KING JR., CIVIL RIGHTS ACTIVIST

“Humanity’s true moral test—its fundamental test—consists of its attitude towards those who are at its mercy: animals. And in this respect, humankind has suffered a fundamental debacle, a debacle so fundamental that all others stem from it.”
~ MILAN KUNDERA, AUTHOR

“Becoming vegan is the most important and direct change we can immediately make to save the planet and its species.”
~ CHRIS HEDGES, JOURNALIST / AUTHOR

“If you don’t like pictures of animal cruelty being posted on social media, you need to help stop the cruelty, not the pictures. You should be bothered that it’s happening, not that you saw it.”
~ MARIE SARANTAKIS, AUTHOR / ATTORNEY

“In a country such as this, where there are fruits, grains, and nuts in abundance, how can one think that he must eat the flesh of dead animals?”
~ ELLEN G. WHITE, COUNSELS ON DIET AND FOODS

“Veganism is the Swiss Army Knife of the future. A profoundly useful instrument to help solve our ethical, economic, environmental, water, health problems—and end animal cruelty forever.”
~ PHILIP WOLLEN, PHILANTHROPIST



“I discovered when we suffer, we suffer as equals, and in their capacity to suffer, a dog, is a pig, is a bear, is a boy... I think ‘vegan’ is a beautiful word. It is more than just a description for our diet. I see it as a visible template for an ethical, healthy, responsible, and rational life. Because it describes our character. It says we do not take the life of another living being to satisfy our wants.”
~ PHILIP WOLLEN, PHILANTHROPIST

“Most consumers are unaware of the ongoing, intense suffering and billions of premature deaths that lurk behind mayonnaise and cream, cold cuts and egg sandwiches.”
~ LISA KEMMERER, SPEAKING UP FOR ANIMALS: AN ANTHOLOGY OF WOMEN’S VOICES

“It’s pretty amazing to wake up every morning, knowing that every decision I make is to cause as little harm as possible. It’s a pretty fantastic way to live.”
~ COLLEEN PATRICK-GOUDREAU, AUTHOR

“We don’t ‘crave’ animal-based meat, dairy, and eggs, but we do crave fat, salt, flavor, texture, and familiarity.”
~ COLLEEN PATRICK-GOUDREAU, AUTHOR

“A movement is always made up of individuals, and it’s the cumulative effort to these individuals that creates change... Align your actions with your values. If you believe that the life of an animal has higher value than your taste buds, then reevaluate the purchases that you make. Every time you reach for a bacon sandwich, dairy ice cream, or any animal product, you’re saying that you value your taste buds over the life of the animal who suffered and died for your purchases. Is this really the choice that you want to make?”
~ ED WINTERS, “EARTHLING ED”

“Being vegan is easy. Are there social pressures that encourage you to continue to eat, wear, and use animal products? Of course there are. But in a patriarchal, racist, homophobic, and ableist society, there are social pressures to participate and engage in sexism, racism, homophobia, and ableism. At some point, you have to decide who you are and what matters morally to you. And once you decide that you regard victimizing vulnerable non-humans is not morally acceptable, it is easy to go and stay vegan.”
~ GARY L. FRANCIONE, LAWYER / PHILOSOPHER, ANIMAL RIGHTS: THE ABOLITIONIST APPROACH

“Veganism is about nonviolence. It is about not engaging in harm to other sentient beings, to oneself, and to the environment upon which all beings depend for life. In my view, the animal rights movement is, at its core, a movement about ending violence to all sentient beings. It is a movement that seeks fundamental justice for all. It is an emerging peace movement that does not stop at the arbitrary line that separates humans from nonhumans.”

~ GARY L. FRANCIONE, LAWYER / PHILOSOPHER, **ANIMAL RIGHTS: THE ABOLITIONIST APPROACH**

“If you really care about animals, then stop trying to figure out how to exploit them ‘compassionately.’ Just stop exploiting them... Veganism is not about giving anything up or losing anything; it is about gaining the peace within yourself that comes from embracing nonviolence and refusing to participate in the exploitation of the vulnerable.”

~ GARY L. FRANCIONE, LAWYER / PHILOSOPHER, **ANIMAL RIGHTS: THE ABOLITIONIST APPROACH**

“Many people know that animals around the world are treated badly, yet they turn their minds away. To be vegan means to care deeply about how our choices help or harm animals, how we create peace or suffering in the world. Our choices are powerful. Vegan is love.”

~ RUBY ROTH, AUTHOR

“Being vegan is a glorious adventure. It touches every aspect of my life—my relationships...how I relate to the world.”

~ VICTORIA MORAN, AUTHOR

“We don’t live like our ancestors did, so why should we base our diet and ethics on how they may or may not have lived? Let’s evolve into a more peaceful, compassionate species and respect all life forms.”

~ MANGO WODZAK, AUTHOR

“People eat meat and think they will become as strong as an ox, forgetting that the ox eats grass.”

~ PINO CARUSO, ACTOR / AUTHOR

“Animals on factory farms all face pain and fear, just like the animals we share our homes with, yet are repeatedly abused in shocking ways.”

~ PETER DINKLAGE, ACTOR

“I’m a vegan. I don’t want to torture anything. I guess it’s about trying to live a life where I’m not contributing to the cruelty of the world.”

~ JESSICA CHASTAIN, ACTRESS

“I don’t see why someone should lose their life just so you can have a snack.”

~ RUSSELL BRAND, COMEDIAN / ACTOR

“When people ask me why I don’t eat meat or any other animal products, I say, ‘Because they are unhealthy and they are the product of a violent and inhumane industry.’”

~ CASEY AFFLECK, ACTOR

“The vegan lifestyle is a compassionate way to live that supports life, supports fairness and equality, and promotes freedom.”

~ ROBERT CHEEKE, BODYBUILDER / AUTHOR

“Since becoming a vegan, my training has been amazing. I wake up feeling good, I’ve got more energy, my recovery’s really good, and I’ve got no aches and pains. Best of all, I’m not contributing to the suffering of animals... Going vegan is a great way to improve your health, as vegans are less prone to heart disease, strokes, diabetes, cancer, and obesity than meat-eaters are... And each person who goes vegan prevents approximately 100 animals every year from being killed on factory farms, in slaughterhouses, and on the decks of fishing boats.”

~ BARNY DU PLESSIS, BODYBUILDER, MR. UNIVERSE 2014

“I never was curious or wanted to change my lifestyle. As animals, in my opinion, were not meant to be eaten, animals never were a food choice to me. What motivates me to continue being vegan is proving to the world that you can be strong and healthy without eating animals. I’m living proof!”

~ JEHINA MALIK, BODYBUILDER

“I decided to become a vegan because it was the right thing to do. I don’t believe God put these precious creatures here for us to exploit and murder. As a cancer survivor, I appreciate that a plant-based diet is proven to be the best way to prevent cancer cells from growing. And the fact that I’m lean, strong and healthier than ever...well, those are just very exciting perks!”



~ AMANDA RIESTER, BODYBUILDER

"It's a lifestyle more than just a diet because you have ethical reasons as well, being conscious of what is happening in the animal world... The slaughtering of animals and farming and everything, that's obviously also a huge impact on climate change, which maybe people don't talk about as much. It's more than a performance reason for me. It's a lifestyle. It's something I'm really proud of. Hopefully, that community grows even more. Hopefully, I can inspire other athletes that it is possible to be plant-based."

~ NOVAK DJOKOVIC, TENNIS CHAMPION

"I've found that a person does not need protein from meat to be a successful athlete. In fact, my best year of track competition was the first year I ate a vegan diet."

~ CARL LEWIS, OLYMPIC GOLD MEDALIST

"I've noticed so many benefits since becoming vegan. First, I no longer eat the suffering and pain of defenseless animals. Secondly, my body has become lighter, as you might say, 'clearer.' Thirdly, in my profession, flexibility and elasticity are incredibly important, and I increased both of these. And fourthly, now I almost never suffer from a cold or flu."

~ ALEXY VOEVODA, OLYMPIC GOLD MEDALIST AND WORLD CHAMPION ARM WRESTLER

"This is a message to all those out there who think that you need animal products to be fit and strong. Almost two years after becoming vegan, I am stronger than ever before, and I am still improving day by day. Don't listen to those self-proclaimed nutrition gurus and the supplement-industry trying to tell you that you need meat, eggs, and dairy to get enough protein. There are plenty of plant-based protein-sources, and your body is going to thank you for [not feeding it] dead food. Go vegan and feel the power!"

~ PATRIK BABOUMIAN, MULTIPLE WORLD-RECORD-HOLDING PROFESSIONAL STRONGMAN



"Since switching over to a vegan diet, I'm now fitter than I've ever been. I punch harder than ever. I'm more determined. I'm faster. I watched a TV documentary about how animals are farmed, killed, and prepared for us to eat. I saw all those cows and pigs and realized I couldn't be a part of it any more. It was horrible. I did some research to make sure I could still obtain enough protein to fight, and once satisfied that I could, I stopped. I'll never go back."

~ DAVID HAYE, WORLD CHAMPION HEAVYWEIGHT PROFESSIONAL BOXER

"It changed everything. All of a sudden, I had so much energy... About two weeks into eating a completely whole-food, plant-based diet, I realized how different it was to everything else I tried. It revitalized me like no other way of eating. I wanted to feel this way all the time!"

~ RICH ROLL, ENDURANCE ATHLETE

"Animals on factory farms and in slaughterhouses don't have a fighting chance. I don't eat animals because I don't want to contribute to their suffering. It's that simple. Do yourself a favor, do the planet a favor, and help end animal abuse. Go veg."

~ MAC DANZIG, WORLD CHAMPION FIGHTER

"The vegan diet is healthy and leads to a compassionate lifestyle. I've gotten so many benefits. My weight is easily maintained, my skin glows, I sleep better, and I feel more energized."

~ MEAGAN DUHAMEL, OLYMPIC GOLD MEDALIST

"Every bit of meat, chicken, or fish you eat, every bit of leather or fur you wear, has come from an animal that has been tortured, pulled away from their families, and brutally killed... Every person I have met who has gone vegan says it is the best decision they have ever made."

~ LEWIS HAMILTON, WORLD CHAMPION RACECAR DRIVER

"Converting to a whole-foods plant-based lifestyle was the best decision I could have ever made for my body, mind, and spirit. The average life span of a professional football player is only 56 (due to extreme consumption of animal products, which leads to heart disease, stroke, cancers, and other chronic illnesses). By making this one small change, not only have I saved my own life, but the countless lives of voiceless and defenseless animals everywhere. Not to mention veganism is

great for our planet as well. Becoming vegan has given me a greater purpose, something bigger than myself to fight for, and fight I will... As a professional athlete, what I put in my body for breakfast, lunch, and dinner are some of the most important decisions I make every day. I must ensure I'm consuming sufficient calories to keep full and have the energy to perform at my peak while not overloading and slowing my body down. My career depends on it. So many people are shocked when they learn that I fuel my body with a plant-based, vegan diet. I'm just shocked that it took me 26 years to gain the wisdom to do it!"

~ DAVID CARTER, FOOTBALL PLAYER, "THE 300 POUND VEGAN"

"A non-violent world has roots in a non-violent diet."

~ CASEY KASEM, RADIO PERSONALITY

"I became a vegetarian out of compassion for animals and to live as healthy as possible. I realized soon after that I was truly concerned with nonviolent consumption and my own health. A vegan diet was the best decision."

~ DAVEY HAVOK, MUSICIAN

"Nobody can possibly be so hungry that they need to take a life in order to feel satisfied. They don't, after all, take a human life, so why take the life of an animal? Both are conscious beings with the same determination to survive. It is habit, and laziness and nothing else."

~ MORRISSEY, MUSICIAN

"My life's motto is 'If you love animals, go vegan.'"

~ BRYAN ADAMS, MUSICIAN

"To go vegan was just a decision, and I haven't been preachy about it, but now we've seen more of the effects of how eating animals has brought us to our knees as a species, I think it's time to re-examine our world in a way that doesn't abuse other species... Whether we will see that happen, I don't know, but I think I will start to be a bit more preachy about veganism because to me it is the way forward, in so many ways... Animals have the same kind of feelings as we do... If you could put virtual reality in an abattoir, and if people could see what happens to those animals that they were eating, I think we'd see a lot of people turning vegan overnight."

~ BRIAN MAY, MUSICIAN (QUEEN)

"Mainly I'm a vegan because I like animals, and I don't want to be involved in their suffering. Also, it's better for my health and for the environment... If you don't want to be beaten, imprisoned, mutilated, killed or tortured, then you shouldn't condone such behavior towards anyone, be they human or not... Could you look an animal in the eyes and say to it, 'My appetite is more important than your suffering?'"

~ MOBY, MUSICIAN

"The actual event that pushed it over the edge was, I saw the original *Texas Chainsaw Massacre* movie, and just the whole slaughterhouse and the hanging carcasses... I mean, a terrific movie, but you figure this actually happens every single day to animals, and we seem to think it's okay. It's bizarre actually... I always thought it was a bit weird eating dead bodies even though my parents said it was all right. But I saw *The Texas Chainsaw Massacre*, and that did it. In the movie, they're doing the same thing to people that they do to animals, and so I gradually got off eating meat... It was a humane thing. I couldn't kill things for my palate. I looked in my fridge and also saw animal body parts. It freaked me out. That's why I stopped eating meat... I became a vegan later. It was easy."

~ PHIL COLLEN, MUSICIAN (DEF LEPPARD)

"Vegan food is soul food in its truest form."

~ ERYKAH BADU, MUSICIAN

"It wasn't until a few years ago when I saw a few documentaries, one being *Forks Over Knives*, another being *Eating You Alive* and another one called *Blackfish*...that convinced me to adopt a vegan diet, which means no animal products whatsoever. And I only wish that I had done it sooner. From a health standpoint, from an environmental standpoint, and especially from a compassion standpoint, it's just the right thing for me to do, and I'm never looking back."

~ RICHARD MARX, MUSICIAN



"I've always just loved animals, and you just start making the connection between what you're eating and what happens to these poor animals, and once you start making those connections and realizing the truth behind what you're eating... There wasn't any other option for me."

~ TONY KANAL, MUSICIAN

"If this jacket were real wool, it would have taken 7 lambs whose lives would have begun like this... Within weeks of their birth, their ears would have been hole-punched, their tails chopped off, and the males would have been castrated while fully conscious. Xtremely high rates of mortality r considered normal. 20 2 40% of lambs die b4 the age of 8 weeks. 8 million mature sheep die every year from disease, xposure, or neglect. Many people believe shearing helps animals who would otherwise be 2 hot. But in order 2 avoid losing any wool, ranchers shear sheep b4 they would naturally shed their coats, resulting in millions of sheep deaths from xposure 2 the cold. Respect all of God's creatures."

~ PRINCE



"You know all of the things that happen, being a vegan.... I feel fresh... I say for me, you know, it feels good to not eat meat. I think that you have to do what's going to be healthy for your body... When I read my Word, it talks about how, you know, the fruit and the various plants of the earth were made for us to perpetuate our lives. I like that."

~ STEVIE WONDER, MUSICIAN

"Then God said, 'Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it.' And it was so... God said, 'See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.' And it was so. God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day."

~ GENESIS 1:11, 29-31, THE CHRISTIAN BIBLE, NEW REVISED STANDARD VERSION

"To get mud off your hands, use soap and water. To get blood off your hands, go vegan."

~ JOHN SAKARS, ACTIVIST

"By harming and exploiting billions of animals, we confine ourselves spiritually, morally, emotionally, and cognitively, and blind ourselves to the poignant, heart-touching beauty of nature, animals, and each other."

~ WILL TUTTLE, AUTHOR / SPEAKER

"Practicing veganism means practicing respect and sensitivity toward others, especially those who are vulnerable and without social privilege, and is precisely the practice required to bring healing to our corrupt and wounded culture."

~ WILL TUTTLE, AUTHOR / SPEAKER

"We need another and a wiser and perhaps a more mystical concept of animals...We patronize them for their incompleteness, for their tragic fate of having taken form so far below ourselves. And therein we err and err greatly. For the animal shall not be measured by man. In a world older and more complete than ours, they move finished and complete, gifted with extensions of the senses we have lost or never attained, living by voices we shall never hear. They are not brethren; they are not underlings; they are other nations, caught with ourselves in the net of life and time, fellow prisoners of the splendor and travail of the earth."

~ HENRY BESTON, AUTHOR

my vegan journey

I'm including my story because every vegan's journey is unique and can be instructive and inspirational. In 1981 I had started my home business, Veda's Magical Typing. Most of my work involved typing novels, poetry, short stories, television scripts and screenplays. In 1988, one of my clients showed me a pamphlet depicting an animal "experiment." The look on the monkey's face was a cross between profound agony and despair. I pounded my fist on the desk and said, "We have to call someone! We have to stop this immediately!" I knew how to contact actors because of my business, and I had heard that Cloris Leachman had been publicly speaking about helping animals, so I called her agent's office and asked if there was someone I could talk with about animal abuse. The response was that someone would get back to me soon. To my surprise, someone did get back to me within 10 minutes and told me that Cloris said, "Tell her to call Bill Dyer with **Last Chance for Animals**." I spoke to Bill for over an hour, and he told me things that made my eyes puffy from tears as my heart dropped and my anger surged. I went to a Last Chance for Animals meeting that night.

At that time, I was in a **LandmarkWorldwide** seminar called "Accomplishment: from Vision to Action." One homework assignment was to ask ourselves if we were willing to take on something we couldn't complete in our lifetime. I thought about and said, "Yes, I want to find that *something*." For the next few weeks, I learned more than I ever wanted to know about child abuse, clearcutting rainforests, government atrocities, spousal abuse, ocean dead zones, and dozens of other human evils. At that Last Chance for Animals meeting I knew I had found that *something*—ending animal abuse.

Within days of that meeting, I saw a picture of a cat in a noose about to be boiled alive because in some cultures, eating pigs and cows and chickens is acceptable, and in other cultures, eating cats and dogs and roaches is acceptable. I remember wondering right then, "What if every pig is as special and unique as each of my kitties I had loved all my life?" I was beyond horrified.



Of course, like most people, I thought I was a compassionate person. That was turned upside down when I realized that to be a compassion person, I had to be vegan. I knew about racism and sexism and ableism, but I did not know about speciesism, which is just one more prejudicial, bigoted way of living to justify mistreating or brutalizing or killing somebody, in this case, other-than-human animals. Commitments to justice must include ALL of us.

After those realizations, I wondered, "Now...what do I eat?" I hated to cook. I had no interest in spending lots of time preparing meals, so I started eating whatever I felt like eating that hadn't previously been some part or piece of any living being. I stopped consuming flesh from dead animals, eggs from birds, honey from bees, and milk from mammals (which is nature's perfect food for babies of a particular species). Even in 1988 I was astounded by all the foods that I had never heard of, so of course had never even tasted. I found new kinds of pasta, rice, lentils, vegetables, cereals, fruits, and herbs. I discovered that people who have a HUGE interest (or maybe just a TEENY interest) in going vegan often don't do it mainly because they just don't know what to eat.

I created the first version of [What to Eat When You Don't Eat Animals](#) in 1992! I have reprinted it several times over the decades, updating each version with more and more vegan options and more realities about the consequences of our eating 'others.' This version is the most extensive yet. I have been eating like this for 34 years. I'm 76 and very healthy, and I thrive on food that is easy to prepare, definitely and always scrumptious, and most importantly, saves animals.

For ALL Animals Everywhere!

Veda
vedastram@outlook.com

*Thank you for considering what might be possible if we treat all sentient beings
the way we want to be treated.*

Thank you for trying new things and discarding old habits.

Thank you for being compassionate and generous.

Thank you for bringing peace and kindness to the world.

Thank you for doing your part to slow down our climate catastrophe.

*Thank you for contributing to a better future by making a difference
with every bite.*



The Starfish Story

by Loren Eiseley

While vacationing, a writer decided to take a break from his work by strolling along the sandy beach. In the distance, he spied a person whom he believed, at the time, was dancing, and he was so intrigued he investigated further.

As he approached the 'dancer,' he realized it was a young man and he was not dancing, but throwing objects from the beach into the ocean.

He got closer still and discovered the man was picking up starfish from the beach, where thousands had been stranded by low tide, and throwing them back, one by one, into the ocean.

The writer asked the man why he was undertaking such a task and the man replied that if he did not, the starfish would certainly die.

At this, the writer scoffed and informed the man that there were miles and miles of beach and tens of thousands of starfish, and he couldn't possibly believe that what he was doing would make a difference.

The young man paused and gave thought to this observation. Then, picking up another starfish from the beach, he told the writer as he threw it back into the water, "It makes a difference to this one."

