

# Veg For Life

A FARM SANCTUARY CAMPAIGN



## Guide to Veg Living



# Vegetarians are in Good Company

Photo Credit: Kane Miyazu



Jane Goodall

**"I should like to express my absolute horror of the inhumane veal crate! I do hope that compassion will prevail and one more black mark against humanity will be erased. This is a plea from my heart."**

Jane Goodall

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Photographer: Andy Earl



**Sir Paul McCartney**

**"If anyone wants to save the planet, all they have to do is just stop eating meat. That's the single most important thing you could do. It's staggering**

**when you think about it. Vegetarianism takes care of so many things in one shot: Ecology, famine, cruelty."**

**Going veg is fit for the stars! Here's just a few of the famous who are friends of farm animals...**



Mary Tyler Moore



James Cromwell



Daryl Hannah



Kim Basinger

## WELCOME TO VEG LIVING!

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# Einstein was a Vegetarian Think About It...

You don't have to be a genius to be a vegetarian...but many of history's most renowned thinkers, humanitarians, writers, artists, and politicians were vegetarians. Coincidence? **MAYBE NOT!**

## **ALBERT EINSTEIN (1879 - 1955)**

*"If a man aspires towards a righteous life, his first act of abstinence is from injury to animals."*

## **DR. ALBERT SCHWEITZER (1875 - 1965)**

*"While so much ill-treatment of animals goes on, while the moans of thirsty animals in railway trucks sound unheard, while so much brutality prevails in our slaughterhouses...we all bear guilt."*

## **MOHANDAS GANDHI (1869 - 1948)**

*"Spiritual progress does demand at some stage that we should cease to kill our fellow creatures for the satisfaction of our bodily wants."*

## **GEORGE BERNARD SHAW (1856 - 1950)**

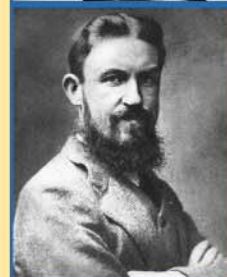
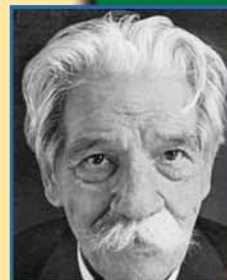
*"While we ourselves are the living graves of murdered beasts, how can we expect any ideal conditions on this earth?"*

## **HENRY DAVID THOREAU (1817 - 1862)**

*"I have no doubt that it is a part of the destiny of the human race, in its gradual improvement, to leave off eating animals."*

## **LEONARDO DA VINCI (1452 - 1519)**

*"Truly man is the king of beasts, for his brutality exceeds theirs. We live by the death of others: We are burial places!"*



*"Animals are sentient creatures with their own wills, and it seems wrong to force our will onto another creature just because we're able to."*

MOBY, from *Play* - 1999

## **WHAT'S A V-E-G-A-N?**

Vegans don't have pointy ears (at least most of them!). A vegan is simply someone who does not consume animal products of any kind, including dairy, eggs, honey, gelatin, or other animal-derived products. Most vegans also don't wear leather, fur, wool, or other products made from animals.

Most people who call themselves vegetarians do not consume the flesh of any animal, including chicken and fish (which are certainly not vegetables!), but they do consume eggs, milk, cheese, and other dairy products.

Whether you choose to "go all the way" and become a vegan, try vegetarianism first, or start by boycotting cruel, crated, "milk-fed" veal, each step along the way means more lives saved...including, quite possibly, your own! So enjoy your veg journey and keep trying every day to adopt a plant-based diet that is good for the animals, the earth, and YOU!





# Vegetarianism: A Recipe for Health

Studies indicate that animal products increase the risk of obesity, heart disease, cancer, diabetes, cataracts, stroke, hypertension, and other life-threatening illnesses, while many vegetarian foods protect against these same diseases.

## OUTWIT HEART DISEASE

Heart disease is the number one killer in the United States.

Every day,

3,000 Americans suffer from heart attacks, and more than 1,200 of them die. Yet, heart disease is preventable. Countless studies have linked animal products with heart disease and clogged arteries. Studies also show that a low fat, vegan diet can actually reverse blocked arteries and the risk of heart disease. Animal-based foods contain high amounts of cholesterol and saturated fat. Plant-based foods are lower in fat, have zero cholesterol and contain lots of fiber, nutrients and vitamins. Vegetarians face about a 30 percent lower risk of death from heart disease than do those who eat meat, fish or poultry.

## BE LEAN, GO GREEN

The prevalence of obesity has increased steadily for both men and women, and childhood obesity is now a national epidemic. According to Secretary of Health and Human Services, Tommy G. Thompson; *"Obesity increases a person's risk for a number of serious conditions, including diabetes, heart disease, high blood pressure, and some types of cancer."* Each year in the United States, an estimated 300,000 adults die of causes

related to obesity. Vegetarian diets are typically 25 percent lower in fat than meat-based diets. The American Dietetic Association reports that *"vegetarians, especially vegans, often have weights that are closer to desirable weights than do non-vegetarians."*



## Kick the S.A.D. Diet!

## DOWN WITH DIABETES

The prevalence of diabetes rose 33.3 percent from 1990 to 1998. Increases in the disease were observed in both sexes, all ages, all ethnic groups, all education levels, and all states. A weight gain of 11 to 18 pounds increases a person's risk of developing Type 2 diabetes to twice that of individuals who have not gained weight, says the U.S. Surgeon General. Drinking cow's milk throughout childhood doubles diabetes risk and a diet heavy in processed meats raises the risk for Type 2 diabetes by about 50 percent in men. In comparison to non-vegetarians, vegetarians have one-half the incidence rate of adult-onset diabetes.

## OVERCOMING OSTEOPOROSIS

Vegetarians are at lower risk of osteoporosis than non-vegetarians — as animal proteins are digested, an acid overload called acidosis may result. The body buffers the influx of acid with calcium phosphate, which is "borrowed" from bones. As calcium is leached from bone tissue, bones weaken and become brittle. Americans exhibit much higher rates of osteoporosis and hip fractures compared with vegetarian cultures. Hip fractures in the United States are five times higher than in China. More than 10 million Americans already suffer from osteoporosis, and another 28 million are at risk. The good news for vegetarians is that calcium is well absorbed from plant and soy foods.

**"A well-planned vegetarian diet can be a healthy alternative for people of all ages."**

Joint statement from the American Dietetic Association (ADA) and Dietitians of Canada, June 2003





## EVADE CANCER

More than 1,500 people will die of cancer in the United States today, and more than one-third of these deaths will be attributed to nutrition, according to the American Cancer Society.

A diet high in animal fats is directly linked to colorectal, lung, breast, and prostate cancer. Dairy intake is associated with increased prostate cancer risk and breast cancer deaths. The Oxford Vegetarian Study, a 12-year study of 6,000 vegetarians and 5,000 meat-eaters, found cancer mortality to be 39 percent lower among vegetarians.

Moving away from an animal-based diet can dramatically reduce your chances of developing cancer.



## THERE'S SOMETHING FISHY

Fish is not a "health" food. According to the U.S. Government Accounting Office, spoiled and contaminated fish are ending up on our nation's grocery shelves. In fact, 15 percent of all food-borne illnesses in the United States are caused by contaminated fish, even though fish represents only a small fraction of total food consumed. Fish also harbor mercury and other toxins. Canned tuna contains some of the highest levels of mercury. Mercury poisoning in humans can lead to numbness, nervous system damage and death.

**"Vegetarians have the best diet. They have the lowest rates of coronary disease of any group in the country...they have a fraction of our heart attack rate and they have only 40 percent of our cancer rate. On the average, they outlive other people by about six years now."**

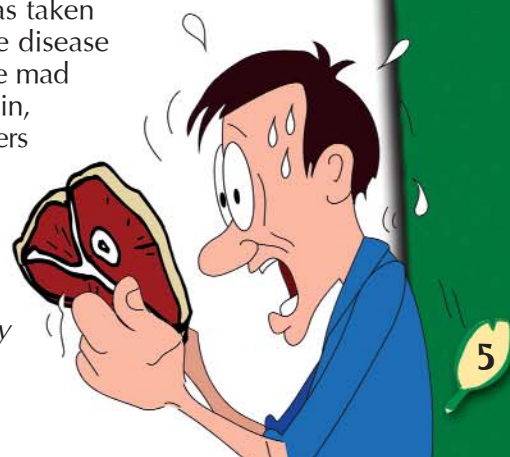
William Castelli, M.D., director,  
Framingham Heart Study,  
the longest-running  
epidemiological study  
in medical history

## SALMONELLA: IT'S WHAT'S FOR DINNER

Centers for Disease Control (CDC) estimates that food-borne diseases cause approximately 76 million illnesses, 325,000 hospitalizations, and 5,000 deaths in the United States each year. Factory farming practices, where tens of thousands of animals are crowded into a single warehouse, are a breeding ground for pathogens and disease, including Salmonella and campylobacter, which can prove deadly for children, the elderly, and people with suppressed immune systems.

## EATING MEAT IS "MAD"

The U.S. Department of Agriculture (USDA) has refused to stop the slaughter of "downed" cows for human consumption, despite scientific evidence linking downed animals and mad cow disease (BSE). The USDA has also acknowledged that downed animals afflicted with mad cow disease could pass USDA inspection. Less than one percent of cattle slaughtered for food are tested for BSE. Unlike government officials who refuse to address the threat of mad cow disease in the United States, the British public has taken positive steps to prevent the disease — by going vegetarian. Since mad cow disease surfaced in Britain, thousands of British meat-eaters have gone vegetarian. In 2002, the vegetarian sector grew by eight percent, prompting one survey to report that at this rate, "All Britons could be vegetarian by 2047 as 2,000 people a week stop eating meat."



**"When we kill the animals to eat them, they end up killing us because their flesh, which contains cholesterol and saturated fat, was never intended for human beings."**

William C. Roberts, M.D., editor of *The American Journal of Cardiology*

# Fit, Trim and Veg!

The American Fitness Professionals & Associates and the Gatorade Sports Science Association both maintain that a meat and dairy-free diet provides a myriad of health benefits for athletes. When it comes to high-quality protein, vegetable protein beats animal protein hands-down. Vegetables supply protein, vitamins and minerals, are a good source of fiber, contain no cholesterol, no antibiotics, and are low in saturated fat. Gram for gram, soybean protein is equivalent to milk or meat when it

comes to both protein quality and amino-acid profile. "The question of protein intake has been raised so often with vegetarians that it has become a depressingly boring subject," proclaims the American Fitness Professionals & Associates. "There is no protein problem, studies consistently show that vegetarians and vegans have a satisfactory protein intake." So whether you're a sports professional or a weekend warrior, a vegetarian diet can supply the needed nutrients essential to high energy training and endurance performances.

**"We're basically a vegetarian species and should be eating a wide variety of plant foods and minimizing our intake of animal foods."**

**T. Colin Campbell, Ph.D., Co-Director of the China Study, the most comprehensive study ever undertaken on the relationship between diet and disease**

## PLANT-BASED PROTEIN (Grams):

Vegetarian Burger 18  
Split Peas (1 cup) 11  
Tofu (½ cup) 10  
Peanut Butter (2 Tbsp) 9  
Soymilk (1 cup) 8  
Beans (½ cup cooked) 8  
Bagel (1 whole) 6  
Pasta (1 cup) 6  
Nuts (1 oz) 6



## ANIMAL-BASED PROTEIN (Grams):

Meat, Chicken or Fish (3 oz) 26  
Yogurt, Fat Free (1 cup) 9  
Milk, 2% (1 cup) 8  
Cheddar Cheese (1 oz, 1 slice) 7  
1 Egg, whole 5  
1 Egg White 3.5

**VS.**



## Nobody pushes these vegetarians around...

### RUTH E. HEIDRICH, PH.D.

Winner of 900 trophies, 6 Ironman Triathlons, 67 marathons, named "One of the Ten Fittest Women in North America"

*"Vegetables and grains are complete proteins, which means that they contain all the amino acids necessary to build muscle from scratch or to add on bigger, stronger muscles."*

### CARL LEWIS

Nine-time Olympic gold medal-winner, world-class track and field athlete

*"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."*

### BILL PEARL

Bodybuilder, four-time Mr. Universe, winner of Mr. America, Mr. USA

*"It should be noted that in the beef we eat today there are over 258 different chemicals that are fed to the animals before it hits the supermarket. Of these chemicals, 48 are known to be carcinogenic."*



Dr. Ruth E. Heidrich

## Just Do It. Go Vegan!



**"Our inhumane treatment of livestock is becoming widespread and more and more barbaric... These creatures feel; they know pain. They suffer pain just as we humans suffer pain."**

**Senator Robert Byrd, speech to U.S. Senate**

# How We Treat the Animals We Eat

**A**nimals used for food production are not protected from inhumane treatment. Most states specifically exclude farmed animals from anti-cruelty laws, and the federal Animal Welfare Act does not include farmed animals. Every year in the United States, millions of farm animals suffer and die under conditions considered so cruel, they have been banned in other countries.

On modern-day "factory farms," animals are forced to spend their entire lives in crates or cages so small that they cannot walk, turn around or even lie down comfortably. Animals who live in extreme confinement suffer from numerous diseases, injuries and psychological disorders.

During transport, animals are severely overcrowded, and can be legally confined up to 36 hours without water or basic care. On "livestock" trucks, animals are exposed to all weather conditions and are not protected from extreme cold or heat. Thousands die from suffocation, stress and injuries every year.

**NUMBER OF  
ANIMALS SAVED  
EACH YEAR BY  
GOING VEGAN**



The ultimate horror is the slaughterhouse. Stunning is not required for most farmed animals. Frequently, animals are hung upside down and slaughtered while they are fully conscious. Speed, not humane consideration, guides the process. Thousands of animals are dismembered or dropped into a scalding tank while they are still alive.

Most people are not aware of the enormous suffering farm animals endure to produce meat, milk and eggs. When Americans do learn how animals are raised for food, they are against cruel farming practices. In public polls on factory farming practices, over 70 percent of Americans stated they are against intensive confinement operations. Every year, thousands more people are directly stopping farm animal suffering by choosing a vegetarian diet.

**For Animals**

**Farm Animals Are Friends, Not Food**





## KARI

was rescued from a transportation truck that broke down on the way

to slaughter and the driver abandoned the pigs in 90° F temperatures. Kari loves her new life at Farm Sanctuary so much that she alerts every passerby with her loud, joyful grunts. Shelter visitors who call out "Kari! Kari!" are soon greeted by a talkative pig who likes to call back. We're pretty sure she's saying, *"Thanks for not eating pork!"*

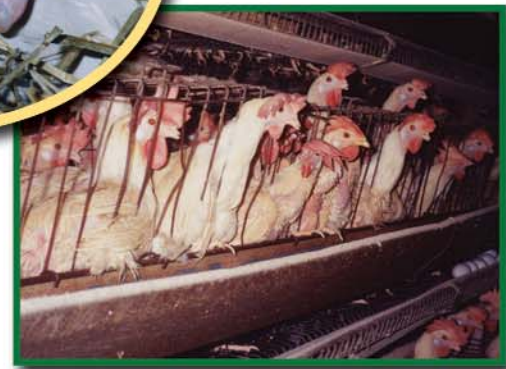
Every year, approximately, 81 million pigs in the U.S spend their lives behind bars, packed into small concrete or metal pens, crowded by the thousands into enormous warehouses. Breeding sows commonly endure three to four years of intensive confinement, living most of their lives in steel "gestation" crates just two-feet wide. Immobilized and separated from her babies, a breeding sow's only contact with her young is through the bars of a crate. After two to three weeks, the piglets are taken away, their tails docked and ears notched, and they are raised in pens until reaching slaughter weight at six months of age. The sow is re-impregnated and the cruel cycle continues.

**NELL** was rescued from an egg factory, and it was love at first sight when this hen locked eyes with Ivana the duck! Ivana and Nell spend their days snuggling together inside the barn. When Nell lays an egg, Ivana steals it and claims it as her own. When Ivana gets up from her nest, Nell steals the egg right back! There is clearly an understanding between these two special friends, who are

teaching shelter visitors that birds of a different feather flock together.

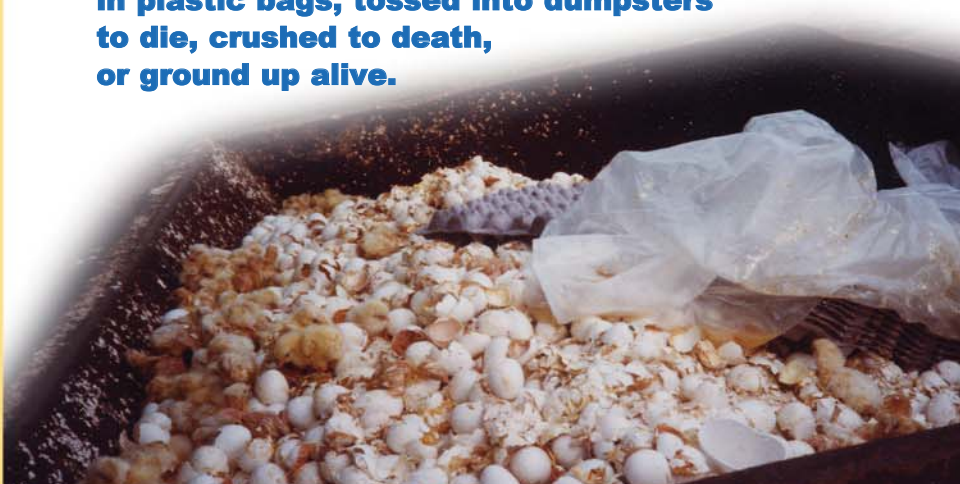


Photo Credit: Frank Noelker



Egg-laying hens are among the most abused animals of all. Four or more hens are confined inside tiny wire enclosures known as battery cages. In these confines, they are unable to stretch their wings, and the abrasive wire walls wear their feathers down to raw skin. Their beaks are seared off with a hot blade to prevent injuries caused by excessive pecking, a result of unnatural, overcrowded conditions. When the hens weaken and egg production declines, they are denied food, water and light for up to two weeks to shock their bodies back into peak egg production. Laying hens are considered "spent" after two years, and are commonly slaughtered for potpies, baby food and other ground-up chicken products, or animal food.

**The egg industry has no "use" for male chicks since they don't lay eggs or grow large and fast enough to be used for meat. Male chicks born at hatcheries that produce laying hens are literally thrown away. The chicks are suffocated in plastic bags, tossed into dumpsters to die, crushed to death, or ground up alive.**





**TRAVOLTA** was rescued from a veal auction when he became too sick to stand. He is so grateful for his second chance at life at Farm Sanctuary that he celebrates by kicking up his heels and dancing through the pastures. Shelter visitors love to watch his playful romps, and Travolta is always happy to show off his 'mooves!'



Unwanted by dairy producers, male calves are taken from their mothers just hours after they are born. Some are slaughtered at just a few days old, while others are sent to factory farms where they spend short, miserable lives in intense confinement for veal production. Veal calves are raised for 18 to 20 weeks in individual crates so small that they cannot lie down comfortably or even turn around. They are tethered by the neck to prevent movement and fed a liquid diet

deficient in iron and fiber to create the anemic flesh sold as "milk-fed," "white" or "fancy" veal. The young calves suffer extreme discomfort, stress and disease. Sick and dying calves are a common sight at veal farms, and calves too weak to walk are dragged to slaughter by their legs, ears or tail.



**PHOEBE** was rescued from a dairy operation. After she arrived at Farm Sanctuary, Phoebe touched many hearts with her loving presence and motherly ways. She revealed her generous, kind and maternal nature when she began to care for a sick and recovering sheep named David. Phoebe spent hours grooming David and would "moo" loudly if her sheep "son" strayed too far away.

Most dairy cows live an exhausting and painful life of continuous breeding and milk production, forced to produce 10 times more milk than they would in nature. As a result, they frequently experience painful udder infections, lameness and other ailments. Every year, thousands of dairy cows become downers, animals too sick or injured to stand. Since they can still be sold for hamburger, they are dragged to slaughter with chains or pushed with forklifts, causing horrible pain and injuries. Eventually, all dairy cows are sent to slaughter when their milk production declines, usually between the ages of four and five, despite the fact that their normal life span is more than 20 years.

**Every year, thousands of dairy cows become downers. Unable to stand, they are dragged to slaughter because they can still be sold for human food consumption.**





# Harming the Earth One Bite at a Time

## RUIN ON THE RANGE CORRUPT WATER AND AIR

Cattle and sheep grazing is ecologically destructive and an abomination against our national parks and wilderness areas. Grazing is permitted throughout the national park system in areas as pristine as the Grand Canyon Park.

Grazing causes rapid depletion of wooded areas by clearing, cultivating and eroding the soil. Soil losses are as high as 44 tons per acre annually on steep slopes. Woodlands, waterways and wildlife habitats have been significantly reduced or eradicated entirely due to overgrazing.

Every year, tens of thousands of bison, coyotes, wolves, and other wildlife are maimed, shot, poisoned, and even burned alive because the meat industry claims these animals "interfere" with raising animals for food. This "war on wildlife" is carried out with the full support of state and federal agencies, which fund so-called "predator-control" programs.

The earth is paying a high price to produce meat, milk and eggs. Nationwide, factory farmed animals produce 130 times more manure than the human population — the equivalent of five tons of manure for every U.S. citizen. The USDA reports that every year, U.S. factory farms generate more than 350 million tons of manure that must be disposed of.

The Environmental Protection Agency states that hog, chicken and cattle waste has polluted 35,000 miles of rivers in 22 states and contaminated groundwater in 17 states with fecal streptococci and fecal coliform bacteria. *Pfiesteria piscicida*, which flourishes in manure-contaminated water, kills millions of fish, while human victims of the bacteria suffer from skin lesions, respiratory problems and memory loss.

The raising of food animals contributes significantly to increased levels of carbon dioxide and other greenhouse gases. Animal production leads to indirect emission of carbon dioxide and other harmful gases and chemicals through respiratory and digestive processes, via forest clearing for grazing land, and by way of fossil fuels burned for feed production and livestock transport.

**U.S. factory farms  
generate more than  
350 million tons of  
manure each year**



**Cut the Crap. Go Veg!**



## DISAPPEARING OCEAN LIFE

The worldwide appetite for seafood is driving species to extinction. Every day, nearly 1,000 dolphins, turtles and other marine life drown after they are entangled in fishing nets. The captures are referred to as "bycatch" in the fishing industry.

Irresponsible aquaculture practices are hastening a worldwide depletion of fish species. Fish farmers commonly feed wild fish to farmed fish, and destroy fish habitats by collecting wild fish to support fish farms. It takes about three pounds of wild-caught fish to grow only one pound of shrimp or salmon. Fish farms also pollute coastal waters with excessive feces buildup, chemicals and drugs commonly used in farmed fish production.

Prior to slaughter, fish are often deprived of food for days. The fish are killed by way of electrical stunning, or stunning and evisceration. Though commonly assumed that fish do not feel pain, scientific studies confirm otherwise.

## GLOBAL HUNGER AND DWINDLING RESOURCES

A vegetarian diet can feed significantly more people than a meat-centered diet. More than 840 million people in the world are malnourished, yet over 70 percent of the U.S. grain harvest and 80 percent of its corn harvest is fed to farmed animals. The grain consumed by animals could feed 800 million hungry people, according to Cornell University research.

Valuable water resources are also squandered for meat production. For every pound of meat produced, grain-fed animals utilize over 13,000 gallons of water. A pound of soybeans requires only about 260 gallons of water. *"The typical North American diet, with its large share of animal products, requires twice as much water to produce as the less meat-intensive diets common in many Asian and some European countries. Eating lower on the food chain could allow the same volume of water to feed two Americans instead of one, with no loss in*



*overall nutrition."* (Scientific American, "Growing More Food with Less Water" by Sandra Postel, February 2001.)

Intensive animal agriculture is a vast user of fossil fuel, mainly for the production of feed. *"Assuming (a steer) continues to eat 25 pounds of corn a day and reaches a weight of 1,250 pounds, he will have consumed in his lifetime roughly 284 gallons of oil. We have succeeded in industrializing the beef calf, transforming what was once a solar-powered ruminant into the very last thing we need: another fossil-fuel machine."* (New York Times Magazine, "Power Steer" by Michel Pollan, March 2003.)

**"Starvation, world hunger, cruelty, waste, wars — we must make a statement against these things. Vegetarianism is my statement. And I think it's a strong one."**

**Isaac Bashevis Singer**



Image By: Wernher Krutein  
photovault.com





## Get Ready, Get Set...Go Veg!



Going veg is easier than ever before. As American shoppers become more smitten with soy and other vegan foods every day, the variety of veg foods has skyrocketed. Vegetarian food sales have topped \$36 billion a year, as more shoppers purchase dairy-free beverages, meat alternatives and tofu. Noted chefs, who know a trend when they see one, are touting the "Vegan Revolution" and expanding their repertoires by adding gourmet vegan dishes to their menus. After years on the fringe, meat and dairy-free fare has taken its place alongside the "Standard American Diet."

### IT'S AS EASY AS A-B-C!

**A.** Start the week on MEATLESS MONDAY. Just one veg day a week will improve your health and save an animal. Some people go vegan all at once, but for most, it's a gradual process. Go at your own speed, and if you fall off the "Veg Wagon," just get back up and try again! In no time, you'll love your veggies...and the new, healthier you.

**B.** Substitute your favorite dishes with vegetarian versions. Love to sink your teeth into a bacon burger? Try a veggie burger with veg bacon on a whole-grain bun with lettuce, tomato and soy mayonnaise. Record a menu of what you eat during the week, and substitute with the wide variety of veg foods available at the market. Here's a sample one-day menu:

#### OLD MENU

**Breakfast:**  
Bagel and cream cheese

**Lunch:**  
Chicken sandwich  
Potato chips

**Dinner:**  
Spaghetti and meatballs

#### NEW MENU

**Breakfast:**  
Bagel and Tofutti soy cream cheese

**Lunch:**  
Unchicken breast sandwich  
Pasta salad with diced veggies

**Dinner:**  
Spaghetti and Nate's soy meatballs  
Tossed salad



**C.** Now it's time to start experimenting! Purchase a veg cookbook or go online for thousands of free veg recipes. Introduce yourself to the veg cuisine of the world, and soon you'll be enjoying delights that include veggie enchiladas, Thai spring rolls, Asian stir-fries, Indian curries, Greek lentil stew, Moroccan couscous, and more.

Photos courtesy of Ross Durant Photography





**N**ourish your body, the environment and your taste buds! You'll find these irresistible, animal-free recipes in Farm Sanctuary's very own cookbook, *Vegan Vittles*. For more great veg cooking ideas, visit [www.vegforlife.org](http://www.vegforlife.org). Click on *Veg Eats* and you'll be instantly connected with thousands of free vegetarian and vegan recipes.



## CREAMSICLE FRAPPÉ

A wonderful drink inspired by a favorite childhood dessert.

- 1 cup orange juice (or 1/4 cup orange juice concentrate + 3/4 cup water)
- 1/2 cup lite silken tofu (firm)
- 1/2 cup ice water
- 2 Tablespoons orange juice concentrate
- 1/4 to 1/2 teaspoon vanilla extract, to taste

1. Place all the ingredients in a blender, and process until the mixture is very smooth and creamy. Serve at once.

Yield: 2 servings

Per serving: Calories: 109; Protein: 5 gm; Carbohydrates: 21 gm; Fat: 1 gm

## PHENOMENAL FRENCH TOAST

It's so delicious and homey, city folk won't believe how easy it is to make.

- 2/3 cup low-fat, non-dairy milk
- 4 teaspoons whole wheat pastry flour
- 1 1/2 teaspoons nutritional yeast flakes
- pinch of salt (optional)
- 4 slices whole grain bread or whole grain sourdough bread

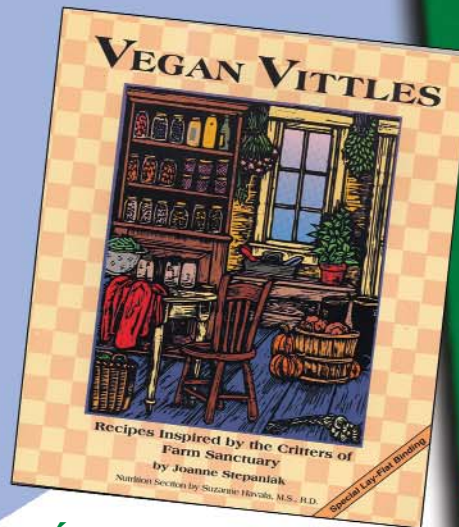
1. Place milk, flour, nutritional yeast flakes, and salt in a small mixing bowl and beat together with a wire whisk to make a smooth, thin batter. Pour the batter into a wide, shallow bowl.
2. Dip the bread slices, one at a time, into the batter, making sure that both sides are well saturated.
3. Coat a large skillet with nonstick cooking spray or a thin layer of canola oil and place over medium-high heat. When the skillet is hot, add the soaked bread slices in a single layer.
4. When the bottoms of the bread slices are well browned, carefully turn each slice over. Cook the other sides until they are a deep golden brown.
5. Slice each piece of French Toast diagonally into two triangles and serve hot.

Yield: 2 servings

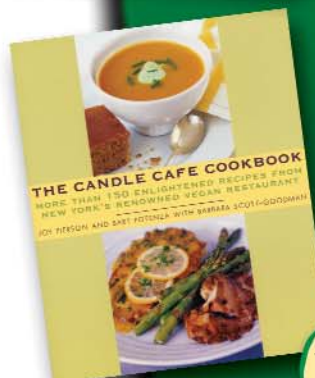
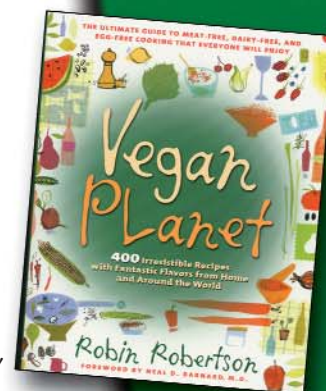
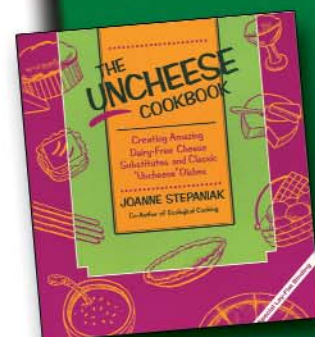
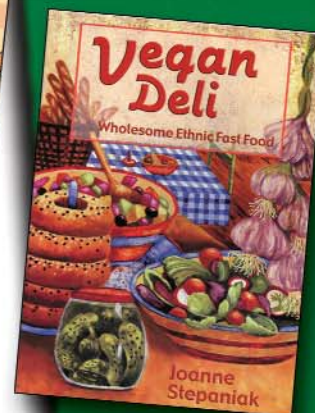
Per serving: Calories: 193;

Protein: 9 gm; Carbohydrates:

33 gm; Fat: 3 gm



Help feed the sanctuary critters by ordering *Vegan Vittles* and other cookbooks at [www.farmsanctuary.org](http://www.farmsanctuary.org).







## CROCK CHEEZE

This cheddar-style spread is sharp, tangy and rich. It's reminiscent of the aged spreads found in small, brown pottery crocks in gourmet restaurants and specialty food shops.

- 1/2 pound firm tofu (rinsed, patted dry, and crumbled)
- 3 Tablespoons nutritional yeast flakes
- 2 Tablespoons tahini
- 2 Tablespoons fresh lemon juice
- 1 1/2 Tablespoons light miso
- 1 teaspoon onion granules

- 3/4 teaspoon salt
- 1/2 teaspoon paprika
- 1/4 teaspoon garlic granules
- 1/4 teaspoon dry mustard

1. Place all the ingredients in a food processor fitted with a metal blade and process until the mixture is very smooth. Stop the processor occasionally to stir the mixture and scrape the sides of the work bowl.
2. Spoon the mixture into a storage

container and chill in the refrigerator for at least an hour before serving. It will keep for about a week in the refrigerator.

Yield: 1 1/2 cups  
Per 2 Tablespoons: Calories: 45;  
Protein: 3 gm; Carbohydrate: 3 gm;  
Fat: 2 gm



## HAPPY HEN SALAD

Keep your heart healthy and the hens happy by using this tofu-based spread instead of egg salad.

- 1/2 pound fat-reduced regular tofu (firm), rinsed, patted dry and well mashed
- 1/4 cup of your favorite egg- and dairy-free mayonnaise
- 1/4 cup diced celery
- 2 Tablespoons minced fresh parsley (optional)
- 2 teaspoons pickle relish, drained
- 1/2 teaspoon onion granules
- 1/8 teaspoon turmeric
- salt and ground black pepper, to taste

1. Place all the ingredients in a medium mixing bowl and stir them together until they are thoroughly combined.
  2. Serve the salad at once, or transfer it to a storage container and chill in the refrigerator.
- Yield: About 1 1/4 cups  
Per 1/4 cup: Calories: 74; Protein: 6 gm; Carbohydrates: 4 gm; Fat: 4 gm



## SOUTHERN-FRIED TOFU

Truly finger-lickin' good. Don't let the long list of seasonings fool you — this recipe is very simple to prepare.

- 1 pound fat-reduced regular tofu (firm), rinsed and patted dry

Seasoning Mix:

- 1 1/2 cups nutritional yeast flakes
- 2 teaspoons salt
- 1 teaspoon garlic granules
- 1 teaspoon onion granules
- 1 teaspoon dried parsley flakes
- 1/2 teaspoon paprika
- 1/2 teaspoon dried tarragon
- 1/2 teaspoon dried dill weed
- 1/2 teaspoon dried basil leaves
- 1/2 teaspoon dried oregano leaves
- 1/2 teaspoon curry powder
- 1/4 teaspoon dry mustard
- 1/4 teaspoon ground rosemary
- 1/4 teaspoon ground celery seed
- 2/3 cup low-fat, non-dairy milk
- 2 teaspoons fresh lemon juice
- 2/3 cup whole wheat pastry flour, as needed
- 1 Tablespoon canola oil, more or less as needed for browning

### NUTRITIONAL YEAST

This inactive yeast is rich in minerals and vitamins and imparts a cheesy flavor to soups, macaroni and "cheese," gravy, vegetables, and any dish that calls for Parmesan. Be sure to use the yellow "flake" variety.



1. Cut the tofu horizontally into three equal slabs. Wrap each slab in a clean tea towel or paper towel and press the tofu for 45 minutes. If time does not permit, wrap tofu and press gently to extract as much moisture as possible.
2. For the seasoning mix, place the nutritional yeast, salt, herbs, and spices in a wide, shallow mixing bowl. Stir together well.
3. Stir the milk and lemon juice together in a small mixing bowl. Place the flour in another mixing bowl.
4. Cut each slab of tofu into 4 triangles, making a total of 12 in all. Working with one piece at a time, dredge the tofu in the flour. Shake off any excess. Next, submerge the tofu in the "soured" milk. Immediately dredge the tofu in the seasoning mix, making sure it is well coated.
5. Coat a large skillet with canola oil and heat over medium-high. When the oil is hot, add the tofu pieces in a single layer. Cook until bottoms are well browned, then turn the pieces over and cook until browned. Add more canola oil between batches and adjust the heat as necessary.
6. As soon as tofu is removed from the skillet, place it on a plate lined with a double thickness of paper towels and blot off any excess oil.

Yield: 12 pieces (3 to 4 servings)  
Per serving: Calories: 394; Protein: 39 gm;  
Carbohydrates: 44 gm; Fat: 6 gm



## SEITAN & MUSHROOM STROGANOFF

This creamy stroganoff is perfect over rice, toast or egg-free wide noodles.

2 Tablespoons cornstarch  
3 Tablespoons soy sauce  
1 1/3 cups vegetable broth or water  
1/2 teaspoon garlic granules  
2 Tablespoons tahini  
2 teaspoons canola oil or olive oil  
2 cups thinly sliced onion  
4 cloves garlic, minced or pressed  
4 cups sliced fresh mushrooms  
2 cups thinly sliced seitan strips  
ground black pepper, to taste

1. Gravy: Stir cornstarch and soy sauce together in a 2-quart saucepan and make a thin, smooth paste. Whisk in the vegetable broth or water and garlic granules. Cook over medium-high heat, stirring constantly until it thickens and comes to a boil. Remove from heat and beat in the tahini. Cover the saucepan and set aside.
2. Place oil in a large skillet and heat over medium-high. When the oil is hot, sauté the onion and garlic for 10 minutes.
3. Add the mushrooms and cook, stirring often, for 5 to 7 minutes.
4. Stir the seitan strips and the reserved gravy into the onions and mushrooms. Reduce heat to low and stir often, about 5 to 10 minutes, until the seitan is heated through.
5. Season the stroganoff with ground pepper. Serve at once over egg-free noodles.

Yield: 4 servings

Per serving: Calories: 248; Protein: 27 gm;  
Carbohydrates: 20 gm; Fat: 7 gm

**SEITAN** is a "meaty" textured food product derived from the protein portion of wheat, or wheat gluten. Seitan is high in protein, low in fat, and a delicious addition to stir-fries, casseroles, sandwiches, and potpies. Prepared seitan, in a variety of flavors and textures, is available at your natural foods market, or try easy-to-prepare boxed seitan mixes, which can be ordered online.

## LEMON CLOUD PIE

Lemon lovers pucker up for this tart and tangy treat.

Have Ready:

1 pie crust, fully baked  
1 tofu-based whipped topping (optional)

Lemon Filling:

2 cups water  
1 cup light unbleached cane sugar  
3/4 cup (1/2 of a 10.5-ounce package) lite silken tofu (firm), crumbled  
6 Tablespoons cornstarch  
1 Tablespoon canola oil  
1/4 teaspoon salt  
1/2 cup fresh lemon juice  
2 teaspoons finely grated lemon zest (optional)

1. Process water, sugar, tofu, cornstarch, oil, and salt in a blender until very smooth. Pour into a 2-quart saucepan, place over medium-high heat and bring to a boil, stirring constantly with a wire whisk. After the mixture thickens, reduce heat to low and continue to cook, stirring constantly for one minute longer. Remove saucepan from heat, and beat in the lemon juice and zest. Pour hot filling into cooled pie crust.
2. Cover the top of the pie with a sheet of waxed paper, gently pressing it against the filling to prevent a "skin" from forming. Chill pie in the refrigerator for 8 hours or overnight.
3. Just before serving, carefully remove the waxed paper. If serving meringue style, spread the top of the pie with topping, or spoon a dollop on each slice as served.

Yield: 8 Servings

Per serving: Calories: 307; Protein: 6 gm;  
Carbohydrates: 48 gm; Fat: 10 gm

## OATMEAL CHOCOLATE CHIP COOKIES

Decadently rich and satisfying.

1 cup whole wheat pastry flour  
1 cup quick cooking rolled oats (not instant)  
1 cup unbleached cane sugar  
1/2 teaspoon non-aluminum baking powder  
1/4 teaspoon salt  
1/3 cup water  
1/4 cup canola oil  
1 1/2 teaspoons vanilla extract  
1/2 cup dairy-free chocolate or carob chips  
1/3 cup coarsely chopped walnuts

1. Preheat oven to 350° F. Coat one or two baking sheets with nonstick cooking spray and set aside.
2. Stir together flour, oats, sugar, baking powder, and salt in a medium-sized mixing bowl.
3. Stir water, oil and vanilla extract in a small mixing bowl. Pour into the flour-oat mixture, and mix well to make a stiff dough. Stir in the chocolate or carob chips and walnuts, and mix until they are evenly distributed.
4. Drop the dough by small, rounded spoonfuls onto the prepared baking sheet(s), spacing the cookies at least two inches apart. Do not flatten the cookies, as they will spread out when they bake.
5. Bake for 15 to 18 minutes, or until the cookies are lightly browned.
6. Let the cookies rest on the baking sheet for 5 full minutes before carefully loosening them. Cool the cookies completely before storing them.

Yield: 3 Dozen Cookies; Per cookie: Calories: 72; Protein: 1 gm;  
Carbohydrates: 10 gm; Fat: 3 gm





**V**egans cannot live by bean sprouts alone! You don't have to give up the tastes you love when you forgo animal products. Many vegan products taste remarkably similar to — or even better than — their animal-based counterparts. You can enjoy the taste of chicken patties, burgers, turkey, ice cream, bacon, butter, ground beef, meat sauce and more, and still be a friend to farm animals. Check out a few of our favorites...



## DO THE CHICKEN DANCE

You'll cluck at the top of your

lungs when you get a taste of these succulent, chicken-free breasts, patties, wings, and strips. Baste with your favorite marinade, sauté tender

strips with vegetables, or bake spicy Buffalo wings and dish up with vegan ranch dressing. Or, be a "mother hen" and serve mock-chicken sandwiches with soy mayonnaise.

## HOT DIGGITY DOG

Hot diggity dog! Hot dogs that taste good and are good for you! Throw 'em on the grill, cook 'em stovetop, or slice 'em up and serve hot with baked beans. These hot dogs are low in fat and have no cholesterol, and taste great on a whole-grain bun, smothered with sauerkraut and mustard. Shhhhhh...no one can tell the difference!



## CRUELTY-FREE RIBS

These soy riblets are lip smacking, finger-licking good! We promise that even dedicated rib

eaters will be impressed with the authentic taste of these ribs and the accompanying barbecue sauce. Serve straight up as an entrée or on bread for a hearty sandwich.

## THE TASTE OF BUTTER

Give up the rich, creamy taste of butter? Soy-based spreads that taste so much like butter, you won't believe they're not butter! Available in sticks and whipped in tubs, low-saturated fat, zero cholesterol soy spreads can be substituted for butter in every conceivable way.



## HELLO, VEGGIE BURGER

Say goodbye to hamburgers and say hello to the wonderful world of veggie burgers. From portobello mushroom to Tex-Mex, from All-American to all-tofu, you'll be amazed at the vast selection and diverse flavors of tofu burgers and veggie burgers to be had. Start experimenting and watch your taste buds smile.





## YOU'LL SCREAM FOR DAIRY-FREE ICE CREAM

Make a cow happy...switch to dairy-free ice cream desserts. Soy and rice ice creams are creamy and delicious, without all the harmful fat and cholesterol of dairy. Enjoy pints of every imaginable flavor, or try vegan ice cream sandwiches, nutty bars, fudgesicles, and other delights.



## SOY LONG, MEAT

Mooove over, beef. You can fool your favorite carnivore with these remarkable ground beef stand-ins. Perfect for sauces, chili, Sloppy Joe's, meatballs, and stews, these hearty "meats" have the texture, smell and taste of real ground beef.

## DAIRY-FREE DELIGHTS

Your potato will never have to go naked again, thanks to delicious "mock" sour creams, perfect for baking or dipping. Soy-based cream cheeses, in flavors as enticing as chive and French onion, are delicious on bagels, toast, or just about anything. Or try vegan cheeses with flavors as diverse as mozzarella, pepper jack, American, Italian herb, and cheddar. (Note: Some brands contain casein, a milk protein.)



## GOT VEG MILK?

It's time to wean yourself from cow's milk. Soymilks, rice milks, almond milks, and oat milks have arrived! Rich and creamy, in a variety of flavors, including plain, vanilla, chocolate, carob, strawberry, and coffee, these milks can be used on cereal, in coffee, hot chocolate, baking, and straight up. Sample the vast variety and find your favorites.



## DESSERTS TO LIVE FOR



The most discriminating connoisseur couldn't tell the difference between these desserts and those made with dairy and eggs. Made from the finest ingredients, including pure chocolate, coconut milk, organic nuts, fruits, and nut butters, these mouthwatering brownies, cookies, pies, cheesecakes, and truffles are, well, heavenly.

## GOURMET TOFU

It's not just white stuff anymore! Tofu, and its close relatives seitan and tempeh, has turned gourmet, with flavors as pleasing to the palette as barbecue, tomato basil, teriyaki, Oriental, Thai, lemon pepper, and jalapeno. Dice for stir-fries and slice for sandwiches for a tasty, high-protein meal.



## Lydia the Hugging Turkey

Every Thanksgiving, visitors flocked to Farm Sanctuary's California shelter to receive a hug from Lydia. The famous "hugging turkey" would flap her wings and run toward guests. As visitors bent down, Lydia embraced them by pressing her chest against them and stretching her head and neck over their shoulders. Lydia brought much happiness to her visitors, and she enjoyed teaching people that turkeys need love too!

You'll enjoy Thanksgiving even more this year, knowing your "turkey" is made of soy. Delicious, ready-made, vegetarian Thanksgiving feasts are now available, brimming with delicious stuffing, creamy gravy, turkey-like "meat" and even "drumsticks."



Visit:  
[www.AdoptATurkey.org](http://www.AdoptATurkey.org)  
for cruelty-free Thanksgiving recipes and resources.





Photo Credit: Derek Goodwin

**M**ore parents than ever before are raising vegetarian children, and increasing numbers of children and teens are choosing veggies over meat. Most children spend the first year of their lives as vegetarians, thriving on breast milk, fruits, vegetables, and cereals; dairy and meat are the last food groups to be introduced into the diet. That's why translating your vegetarian child's nutritional needs into tonight's dinner isn't nearly as difficult as you might think it is.

## WHAT DO THE EXPERTS SAY?

The American Dietetic Association states that our nutritional needs can be met on a vegetarian or vegan diet. The American Academy of Pediatrics' Committee on Nutrition states that cow's milk is too high in protein and minerals, which can stress an infant's kidneys. The American Heart Association notes that one in five adolescents and one in twelve children have blood pressure levels that are too high. Studies show that vegetarians have lower blood pressure than non-vegetarians.

## WHAT ABOUT PROTEIN?

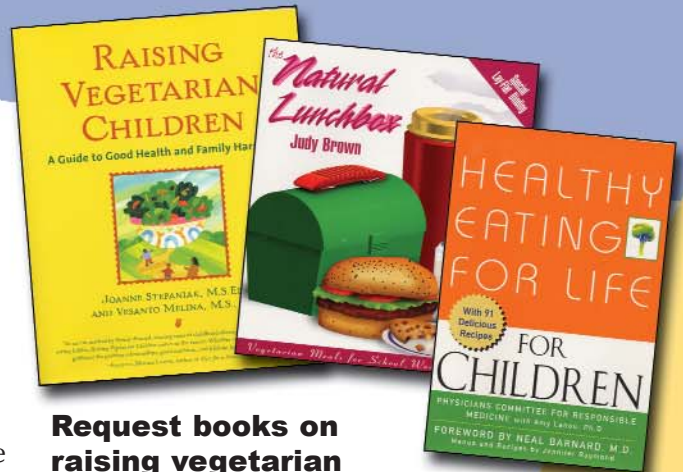
Children need protein to grow, but that doesn't mean they require meat and dairy! Protein deficiency is extremely unlikely from a diet drawn from a variety of plant foods, including grains, beans, vegetables, and fruits. Don't feel pressured to feed your kids meat, dairy and eggs. All the protein growing kids need is easily available in plant foods.

## WILL MY CHILD GET ENOUGH CALCIUM?

Leading pediatrician Dr. Benjamin Spock said, "Vegetables and legumes provide a healthy source of calcium, along with many other nutritional advantages, and they really make milk consumption unnecessary." High-calcium vegan sources are readily available — one 8-ounce glass of calcium-fortified orange juice has more calcium than an 8-ounce glass of cow's milk.

## ISN'T B12 ONLY IN ANIMAL PRODUCTS?

Vitamin B12 is found naturally in animal products, so vegan children need to consume vitamin B12-fortified foods or supplements. Sources of non-animal B12 include fortified cereals and soymilks.



**Request books on raising vegetarian children from your local library or bookstore. There are many useful resources to help you raise healthy, happy and humane kids!**

**"Children who grow up getting their nutrition from plant foods rather than meats have a tremendous health advantage. They are less likely to develop weight problems, diabetes, high blood pressure and some forms of cancer."**

**Benjamin Spock, M.D.**



**Click on the Veg Kids button on [www.vegforlife.org](http://www.vegforlife.org) for veg kid websites, books and other resources.**



## VEG OUT IN THE LUNCHROOM!

Your children should be able to enjoy healthy, cruelty-free cuisine in the lunchroom. Contact your school administrator and request that a plant-centered, vegetarian option be offered each day. Voice your concern about the substandard, meat and dairy-based lunches currently served in your child's school. Point out that some states have passed resolutions urging local school districts to offer vegetarian cuisine.

If you would like more information on how to pass a veg resolution, please call Farm Sanctuary at 607-583-2225 or e-mail: [activist@farmsanctuary.org](mailto:activist@farmsanctuary.org).



## VEG OUT WITH YOUR KIDS!

Here's a beautiful-looking dessert that both children and adults will enjoy. You can also substitute several small pita breads for the large pita bread.

### Fruit Pizza

1 large 12-inch-wide pita bread  
1 cup unsweetened apple butter  
1 kiwi, peeled and sliced  
6 large strawberries, sliced  
1 apple or pear, peeled, cored and thinly sliced  
1/4 teaspoon cinnamon

Spread apple butter over pita bread. Arrange slices of fruit on top of apple butter. Sprinkle with cinnamon. Serve as is or heat in 350° F oven for 15 minutes and serve warm.

Yield: 4 Servings

Per serving: Calories: 269; Protein: 4 gms;  
Carbohydrates: 48 gms; Fat: 1 gm; Iron: 1 mg;  
Calcium: 48 mg; Dietary fiber: 2 gms; Sodium:  
162 mg

From *Conveniently Vegan*, by Debra Wasserman. Published by the Vegetarian Resource Group.



# Veg Kids are Healthy Kids!

It wasn't so long ago when American children were likely to be underfed and underweight. As recently as the 1940's, malnourished and emaciated children were a common sight in the United States. These days, the nation's heavy reliance on animal foods in the National School Lunch Program and other federal food assistance programs, alongside the proliferation of fast food franchises, has yielded a nation of unhealthy and obese children.

According to USDA statistics, one in five children in the United States are considered overweight, obese or extremely obese, and this number is increasing steadily. In the past 20 years, the number of overweight children has grown by 50 percent. An estimated 8,800,000 children aged 6 to 19 are considered overweight or obese.

This unprecedented weight gain puts children at risk of diseases, including pediatric hypertension and Type 2 diabetes mellitus, and increases the risk of coronary heart disease, cancer and obesity in adulthood. Excessive weight also affects self-esteem and relationships with peers.

Children who thrive on a vegetarian diet are leaner and healthier than their meat-eating counterparts. The Farm Study, the China Health Study and numerous studies conducted by Loma Linda University indicate that vegan and vegetarian children reach full adult height, and that heart disease and cancer of the breast, prostate and colon are far less common among adults who grew up as vegetarian children.

**"You put a baby in a crib with an apple and a rabbit. If it eats the rabbit and plays with the apple, I'll buy you a new car."**

**Harvey Diamond,  
author of *Fit for Life***



Photo Credit: Derek Goodwin



## MEET VEGGIE REGGIE!

Reggie was adopted by a vegan family. Though raised on meat, as soon as he saw the veg food the other family dogs were eating, he refused to eat any more meat. Reggie has been "Veggie Reggie" ever since!



The animals processed into companion animal foods are the most beat up and abused farm animals: Featherless laying hens, "downed" cows, worn-out horses, and diseased pigs, sheep, chickens, and turkeys. Chances are, the food you purchase is made from ears, beaks, feathers, heads, udders, bones, blood, lungs, ligaments, intestines, tongues, and cancerous animal parts.

Are these foods a "natural" part of your cat or dog's diet?

### ISN'T MEAT THEIR NATURAL DIET?

Your pampered pals live in the unnatural environment of your home, and unnatural kibble and canned food appears in their bowls twice a day, so your animals are far removed from their "natural" environment.

### CAN MY GROWN-UP DOG AND CAT GO VEGGIE?

Older animals can convert too. Add veggie food and gradually decrease meat products. Pay close attention to weight, coat and energy level. If you notice any negative changes, slow down the conversion process.

### WHAT SHOULD MY DOG AND CAT EAT?

Nutritionally-complete vegan dog and cat foods that meet the Association of American Feed Control Officials requirements are now available online or through your local health food store.

As long as you provide adequate levels of protein, calcium and all-around nutrients, getting your dog to "go veggie" is typically a smooth process. Cats are true carnivores who require taurine, an amino acid-like nutrient, which is found in animal tissues. The good news is synthetic vegetarian versions and veg cat food with taurine are now available.

Click on the **Veg Dogs & Cats** button on [www.vegforlife.org](http://www.vegforlife.org) for online shopping resources for veg dog/cat food and supplies.



### GRIST MILLED BISCUITS

These vegan delights will have your dog dancing on all paws! Recipe courtesy of The Grist Mill Café in Burdett, New York.

- 2 cups hot water
- 1 cup peanut butter
- 3 cups bulgar wheat
- 2 cups wheat bran
- 1 cup all-purpose flour

Dissolve the peanut butter in hot water. Mix in the other ingredients, roll out dough, and punch out biscuits. Bake at 350°F for 30 to 45 minutes until biscuits are hard.



Photo Credit:  
Derek Goodwin



# You Don't Have to Be Cruel to Dress Cool!

Put compassion in fashion with fabulously faux leather, suede and even "snakeskin" shoes, boots, handbags, wallets, and belts. And, since we're no longer living in caves, you don't need to turn a cold heart to animals when temperatures drop. Today's technological advances make down feathers obsolete and wool a product of the past.

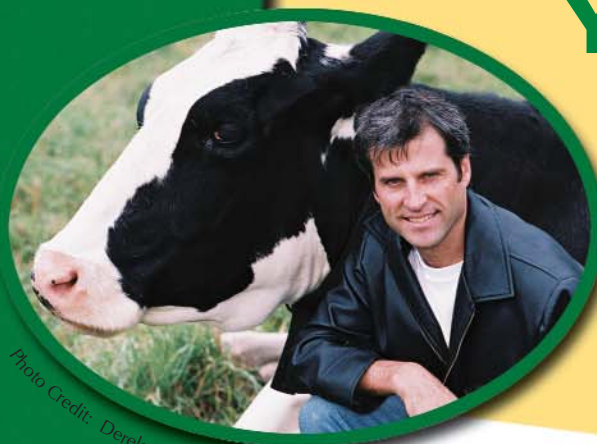


Photo Credit: Derek Goodwin

Most people are astonished to learn that many of the clothing fibers they consider harmless actually involve the mistreatment, pain and deaths of millions of animals.

## LEATHER

Leather is not merely a "by-product" of the meat industry. Cattle and other animals are bought, sold and slaughtered for leather, as well as for meat. The leather industry directly causes immense animal suffering. Animals that are too weak or sick to walk are dragged to slaughter because their hides can still be sold. Baby calves, lambs and other animals are torn from their mothers at just a few days of age and killed to produce expensive leather products.

## ANGORA

Angora rabbits are kept in cramped cages for their entire eight-year life span, enduring lives of deformities, loneliness and boredom. Males only generate 75 percent of the wool that females produce, and most are killed at birth.

## CASHMERE

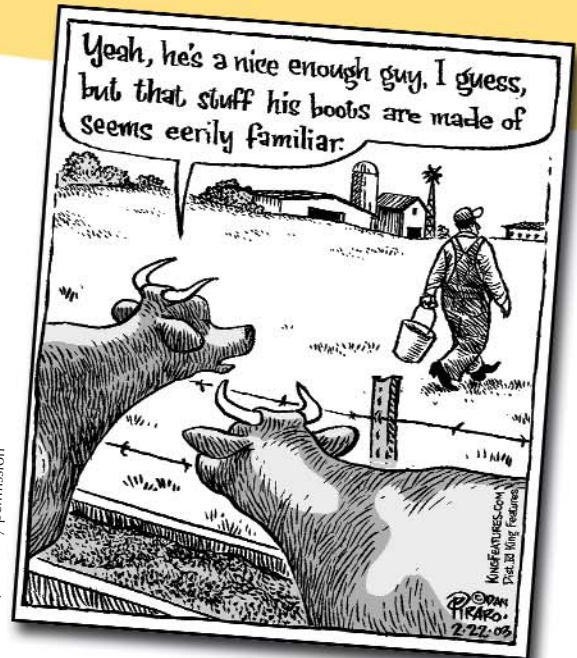
Goats raised for cashmere are raised in filthy, crowded conditions. After shearing, the goats are exposed to cold, illness and death. They are often ear-notched and de-horned, and males are castrated, then sold for meat after their first fiber harvest.

## DOWN AND FEATHERS

Down, the very soft feathers from the breasts of geese and ducks, is often plucked from live animals. The animals are confined in large warehouses where they endure painful de-feathering procedures two to three times a year. After a miserable life, they are sent to slaughter.

## SILK

Silk comes from the caterpillars of the silk moth. Each worm may produce up to a mile and a half of continuous silk thread. To retain an unbroken silk thread, the moth is boiled, baked or steamed alive.



Reprinted by permission

## WOOL & FELT

Sheep suffer from fly infestations, skin sores and wool parasites because of abnormal wool growth. Shearers frequently cut into the flesh of the terrified sheep, and lambs suffer from painful mutilations such as tail docking and castration without anesthesia.

Many sheep become downers and are left to suffer and die slowly. Australia — the largest wool producer — sends its "spent" sheep on a long and torturous journey by ship to the Middle East to be slaughtered for food. Felt, compressed wool or fur fibers, is a product of the wool industry.

Click on the Veg Wears button on [www.vegforlife.org](http://www.vegforlife.org) for veg wears shopping resources.



Photo courtesy of: MooShoes



## Vegetarians Unite and Veg Out!

Vegetarians are sprouting up all over! Today, there are an estimated six million adult vegetarians and vegans in America. With a little research and reaching out, you can connect with dozens, or even hundreds, of like-minded individuals with an interest in veg living.

### JOIN A LOCAL VEG GROUP

Almost every city in America has a community veg group. Check out local newspapers, peruse the bulletin board at your favorite health food store, or look online to track down vegetarian groups in your area. Contact us if you need help finding a veg group in your area or to learn how to start a veg group in your community!

### START A VEG DINING CLUB

Convince friends and family to join you on a monthly outing to explore the world of vegetarian cuisine. Vegetarian or vegetarian-friendly restaurants will appreciate the support. This is also a great opportunity to convince non-veg restaurants to get with the times and broaden their culinary horizons!

### ATTEND VEG CONFERENCES

National, regional and local vegetarian organizations host annual conferences and festivals in nearly every corner of the country. Whether it's a small, local festival or a national conference, you'll learn about vegetarianism, try new veg foods, and have a great time. Check out the *Veg Events* listings at [www.vegforlife.org](http://www.vegforlife.org).

### VEG TALK

One of the simplest, and most valuable, steps you can take is talking to people about vegetarianism. By reaching and teaching others, you'll undoubtedly make veg friends for life. Please contact us if you would like free *Veg for Life* literature to hand out.

### SUBSCRIBE TO VEG NEWS SOURCES

National publications such as the *VegNews* newspaper, *Vegetarian Times* magazine and other publications bring veg news and information right to your door. Check out these and other veg publications online, or contact us for veg publication information.

### VEG INTERNET

With just a few keystrokes, you can instantaneously connect with thousands of vegetarian groups, organizations and individuals. Check out veg dating services, enter a veg chat room, and find out the latest veg news and information. The Internet is your gateway to connecting with the veg community in your neighborhood — and throughout the world.



## If you love animals called pets, why do you eat animals called dinner?

Photo Credit: Derek Goodwin

**Q** Since humans are the smartest species, why shouldn't we do what we want?

**A** Throughout history, humans have exploited and dominated people and animals. The ability to conquer, exploit and kill does not prove that we are smart; it merely demonstrates that we are capable of cruelty. If we are, indeed, the "smartest" species, hopefully we have learned by now that might doesn't make right.

**Q** Animals eat other animals. Why shouldn't we?

**A** Animals that do consume other animals are carnivores who live in the wild and need to kill to survive. Humans, on the other hand, can choose kindness over killing. Not only do we not need to eat meat to survive, in fact, we fare better on a vegetarian diet.

**Q** But we don't kill animals for dairy and eggs. Do we?

**A** Actually, billions of chickens and cows die every year as a direct result of the egg and milk industries. After living in cruel conditions for years, "spent" laying hens and dairy cows are sent to slaughter. Male chicks, useless to the egg business, are killed at the hatchery. And, for every dairy cow, a male calf was sent off to become veal or beef.

**Q** Vegetarians kill plants. What's the difference?

**A** Unlike mammals, birds and fish, plants do not have a central nervous system and

the ability to suffer. Additionally, on a vegetarian diet you actually eat far fewer plants, since it takes so much plant food to raise and feed farmed animals. It takes about 16 pounds of grain, for example, to produce one pound of beef.

**Q** Humans have always eaten animals. Why should we change?

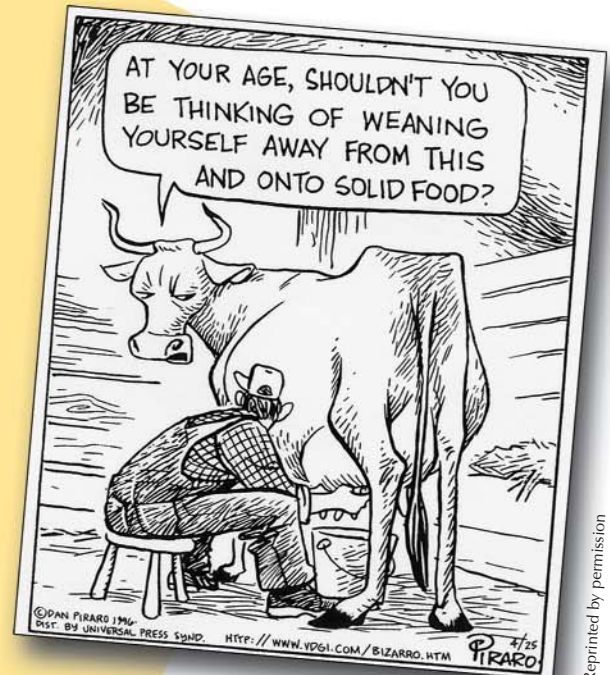
**A** For centuries, humans enslaved other humans. Tradition doesn't make something right. As humankind progresses and extends compassion to other people, so too, can we extend the sphere of compassion to animals who are just as capable of feeling pain and fear.

**Q** My doctor says I need meat, milk and eggs.

**A** Despite the clear relationship between diet and health, doctors are not receiving adequate nutrition training. In fact, less than a quarter of U.S. medical schools offer a single course in nutrition! Most doctors are not nutrition experts, and we need to turn to the growing bed of research on the health benefits of vegetarian diets for sound nutrition information and advice.

**Q** What about "free-range" meat and eggs?

**A** There are no uniform standards or regulations on what constitutes "free range." Often, so-called "free-range" farms keep their animals indoors in crowded conditions, similar to factory farms. Like other farmed animals, all animals raised on "free-range" farms suffer horrific cruelties during transport and slaughter.



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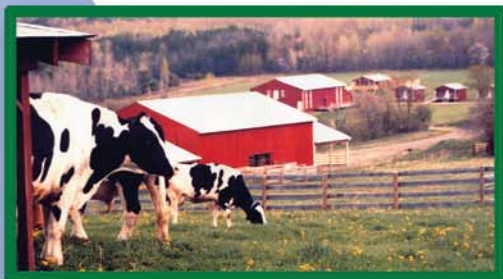


Photo Credit: Blanche Johnson-Baransky

## FARM SANCTUARY

is a national, non-profit organization dedicated to changing the way society views and treats farm animals. Since Farm Sanctuary began in 1986, we have worked to expose and stop the cruel practices of the "food animal" industry through undercover investigations, legal and legislative actions, public awareness projects, youth education and outreach programs, and direct rescue and refuge efforts. Farm Sanctuary is the nation's leading farm animal advocacy organization... thanks to people who care enough to become a Farm Sanctuary member. For more information on what YOU can do to help, please contact us.

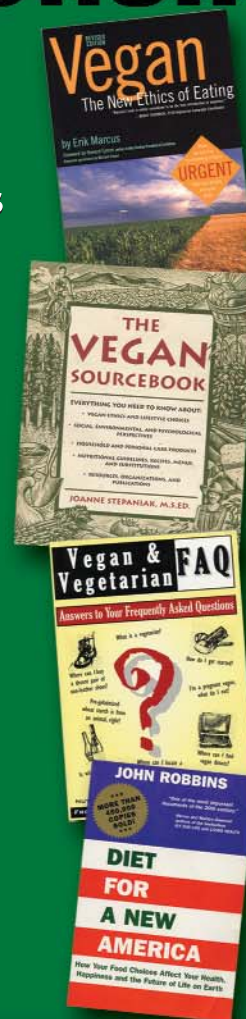
P.O. BOX 150 WATKINS GLEN, NY 14891  
PH: 607-583-2225 FX: 607-583-2041  
E-MAIL: [INFO@FARMSANCTUARY.ORG](mailto:INFO@FARMSANCTUARY.ORG)  
[WWW.FARMSANCTUARY.ORG](http://WWW.FARMSANCTUARY.ORG)

# Veg Solutions... For YOU!



If you're searching for the latest news and tips on going veg and adopting a cruelty-free lifestyle, our *Veg for Life* website has all the information you'll need.

- Discover health and nutrition news
- Find the perfect vegan recipe
- Join a local veg group and network with fellow vegetarians
- Locate a vegetarian restaurant anywhere in the world
- Plan a romantic veg vacation (or one with the kids!)
- Online shopping for veg wears and eats



# [www.vegforlife.org](http://www.vegforlife.org)

## FARM SANCTUARY

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