

Vegan Nutrition

Two great sources of information addressing nutritional concerns of a vegan diet are the position paper of the American Dietetic Association and Dietitians of Canada on vegetarian diets¹ and *A New Food Guide for North American Vegetarians*². A summary of recommendations for vegans:

Nutrient	Recommendation
Calories	Eat more! Plant foods are less calorically dense. Make sure you're eating enough to meet your energy needs.
Calcium	700-1,200 mg daily from calcium-rich foods (seeds, nuts, broccoli, collards, kale), fortified foods (cereals, plant based milks) and supplements.
Omega 3	2 servings daily foods rich in omega-3 (1 teaspoon of flaxseed oil, 3 teaspoons of canola or soybean oil, 1 T ground flaxseed or 1/4 cup walnuts) or omega 3 fortified soy milk.
Vitamin B-12	5-10 µg daily from fortified foods (many cereals and plant based milks) or supplements.
Vitamin D	10-15 minutes sun exposure twice weekly or 25 µg daily from fortified foods and supplements.

Many vegan multivitamins are available, including DEVA One Daily Vegan Multivitamin and Mineral Supplement, DEVA Vegan Prenatal, Pure Vegan Advanced Multivitamin, VegLife SpectroVeg High Energy, VegLife Vegan Kids Multiple, and VeganLife Multivitamin.

Recommended Resources

loveallbeings.org: Blog, articles and resources about veganism.

earthlings.com: Comprehensive movie showing the ways humans exploit non-human animals.

The Dreaded Comparison by Marjorie Spiegel: Thought-provoking book on animal oppression.

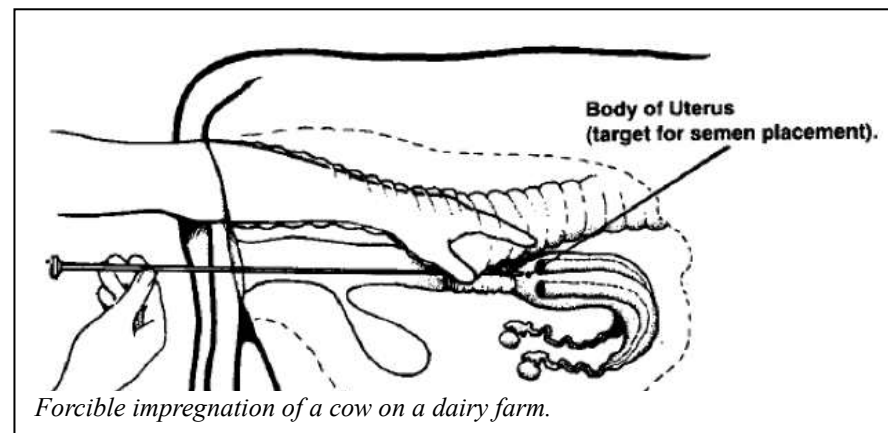
veganideal.org: Great blog on veganism.

Questions about veganism?
Comments about the pamphlet?
Please let us know!
info@loveallbeings.org

1 *Position of the American Dietetic Association and Dietitians of Canada: Vegetarian diets.* J Am Diet Assoc. 2003; 103:748-765. <http://www.adajournal.org/article/PIIS0002822303002943/fulltext>

2 Messina, V. Melina, V. Mangels, A.R. *A New Food Guide for North American Vegetarians.* Can J Diet Pract Res. 2003 Summer; 64(2):82-6. http://www.dietitians.ca/news/downloads/Vegetarian_Food_Guide_for_NA.pdf

Veganism: Living Opposed to Violence and Exploitation



Across the United States, animals are denied lives of their own choosing. *Tens of millions* of animals are brutally killed every day to satisfy our appetite for the products of their bodies: dairy, eggs and meat.

Case study: Dairy

As with humans, dairy cows produce milk for their children and therefore only produce milk after giving birth. Impregnation is commonly done by shoving a hand into the cow's anus to guide an insemination gun that is pushed into the cow's vagina. This process is repeated every year so she will continue to produce milk. Her baby is taken away from her shortly after birth, destined either to become veal or another dairy cow. After 4 to 6 years of being used by us as a milk machine, her milk production declines and, being no longer of any economic value for us, she is sent to slaughter. Her flesh often ends up in fast food hamburgers. **All dairy products, including organic and grass-fed, come from cows destined for the slaughterhouse.**

Case study: Eggs

Life for layer chickens begins in a hatchery. The male chicks, unable to lay eggs and therefore considered worthless, are killed at birth, sometimes suffocated in trash bags, other times thrown into a trash bin, to die of smothering, exposure and dehydration. The female chicks lay eggs for their entire lives for us to eat. After 18 months, their production declines and, being no longer of any economic value for us, these 18 month old hens are killed. Their bodies are so weak from laying so many eggs that their flesh, considered unfit for human consumption, is used for pet food. **All eggs, including organic, cage-free and free range, come from birds destined to be killed.**

This is happening *right now* in *this* country.

Why does this happen?

In each of these cases, animals are used without their consent and denied lives of their own choosing. After all, who would choose to live a life with a guaranteed brutal ending in a slaughterhouse? In animal agriculture, animals are valued solely by what we can take from them. Their lives are not considered to have any value of their own. Humans breed, raise and kill animals so we may take the products of their bodies – dairy, eggs, flesh, fur, skin – from them for us to consume. We breed animals to serve us. The animals are never given a choice.

More and more people today recognize that it is wrong to use animals without their consent, to force *them* into lives of servitude for *our* desires.

There ought to be a law...

Yes, there ought to be a law against using animals without their consent. But laws are not enough. Just as desegregation did not end racism, laws will not end society's view that animals are ours to use. The most powerful change happens when we decide we will no longer participate in the use of any unconsenting being and work to end the system that supports and relies on animal exploitation.

Since you started reading this pamphlet, over 50,000 animals have been killed for food in the United States. You can help stop this.

What can I do?

Because the use of unconsenting animals occurs in so many places in our society, most of us have never thought very much about it. But if you decide that it is wrong to force animals into lives of servitude for our desires, you can make a powerful statement by refusing to participate in this system of oppression. Whether it's animals killed for dairy, eggs and meat, living in confinement at zoos and circuses, brutalized in the name of science, or skinned for their fur, all these living, breathing beings had lives that we humans decided were less important than our desires. By choosing to not eat animal products, to not attend zoos and circuses, to not use products tested on animals, and to not wear leather, fur and silk, we show in a concrete way our objection to the exploitation of animals.

Just as important, please educate everybody around you – friends, family, coworkers – about the oppression of animals and ask them to end their participation in this system. In this way, we begin to weaken the system that makes animal exploitation acceptable and start creating a new world where none are used without their consent.

How to go vegan

A vegan rejects the use of products taken from another being without his or her consent; with food, this means products such as dairy, eggs, meat (chickens, fish, cattle, pigs, sheep, etc.) and honey. Eating a vegan diet is a concrete way to show our objection to the use of unconsenting animals.

Changing your diet may seem to be a daunting task, so please go easy on yourself and give yourself time to make the switch. It is important to go vegan to end our participation in the system of violence against animals and, at the same time, it is important to go at a pace that works for you so you can stay a healthy, happy vegan. Here is one suggested transition plan:

Step 1: Start by having 3 entirely vegan meals each week. A great way to start is by replacing some of your current foods with vegan substitutes: use soy milk instead of cow milk for breakfast, vegan meatballs with your pasta, a vegan burger instead of a hamburger.
Step 2: Check in with yourself at the end of each week. When you feel comfortable eating 3 vegan meals a week, move up to 6 vegan meals a week. If you eat out, try asking the restaurant which items are or may be made vegan. If you cook, there are a wealth of vegan recipes on the Internet as well as some great cookbooks.
Step 3: Gradually increase the number of vegan meals you eat each week until every meal is vegan!

Vegetarianism: Many people wonder why we promote veganism instead of vegetarianism. The sad truth is that *all* animal products, including dairy, eggs and honey, come from unconsenting animals who are exploited and killed so we can take the products of their bodies. A vegan diet rejects all animal exploitation.

The humane myth: An increasing number of “humane” dairy, eggs and meat products are being sold. Fortunately, many people have seen through the marketing and understand that all animal products are the result of exploitation. Free range, grass fed, cage free, organic and other “humane” dairy, eggs and meat all come from animals who humans have bred, raised and killed so they could serve our needs and there is nothing “humane” about these products.

Web resources:

VegProductsGuide.com: Vegan alternatives for non-vegan foods

happycow.net: Vegan and vegetarian restaurant guide

vegweb.com: Comprehensive, all-vegan community recipe site.

PakuPaku.info: Fun vegan recipe site

Recommended cookbooks:

Veganomicon: The Ultimate Vegan Cookbook by

Isa Chandra Moscovitz and Terry Hope Romero

How It All Vegan by Tanya Barnard and Sarah

Kramer

If you know somebody who is already vegan, try asking them to be your “vegan buddy.” Chances are they would be happy to help you with the transition!