

Why VEGAN?

This brochure explains why people choose to follow a vegan lifestyle—striving to live without contributing to animal suffering.



That's one sad, unhappy, upset cow. She wants her baby. Bellowing for it, hunting for it. It's like grieving, mourning—not much written about it. People don't like to allow them thoughts or feelings.

TEMPLE GRANDIN, PhD
Professor of Animal Sciences,
quoted in Oliver W. Sacks'
An Anthropologist on Mars, 1996



The decision that has led millions of people to stop eating other animals is not rooted in arid adherence to diet or dogma, but in the desire to eliminate the kinds of experiences that using animals for food confers upon beings with feelings.

KAREN DAVIS, PhD *Prisoned Chickens, Poisoned Eggs*; 1996



U.S. society is extremely naïve about the nature of agricultural production. [I]f the public knew more about the way in which agricultural and animal production infringes on animal welfare, the outcry would be louder.

BERNARD E. ROLLIN, PhD *Farm Animal Welfare*,
Iowa State University Press, 1995



Vegan
—OUTREACH—

THE TRANSFORMATION OF ANIMALS INTO FOOD

Competition to produce inexpensive meat, eggs, and dairy products has led animal agribusiness to treat animals as objects and commodities. The worldwide trend is to replace family farms with “factory” farms: warehouses where animals are kept in crowded pens or restrictive stalls. Large numbers of beef cattle, dairy cows, pigs, chickens, and turkeys are raised under such conditions.¹

Most people who eat meat don't think too deeply about all the processes involved in converting a living animal to meat on their plate...For modern animal agriculture, the less the consumer knows about what's happening before the meat hits the plate, the better. If true, is this an ethical situation? Should we [animal agriculture] be reluctant to let people know what really goes on, because we're not really proud of it and concerned that it might turn them to vegetarianism?

PETER CHEEKE, PhD Oregon State University
Professor of Animal Agriculture, textbook
Contemporary Issues in Animal Agriculture, 1999

INDUSTRIALIZED CRUELTY: FACTORY FARMING



The federal Animal Welfare Act excludes farmed animals, and most state anticruelty laws exempt standard agricultural practices. These practices include branding, castrating, dehorning, debeaking, and tail-docking—procedures often performed without anesthesia.²

Many people believe that animals raised for food must be treated well because sick or dead animals would be of no use to agribusiness. Bernard Rollin, PhD, explains that it is “more economically efficient to put a greater number of birds into each cage, accepting lower productivity per bird but greater productivity per cage...individual animals may ‘produce,’ for example gain weight, in part because they are immobile, yet suffer because of the inability to move... Chickens are cheap, cages are expensive.”³

In an article recommending space be reduced from 8 to 6 square feet per pig, industry journal *National Hog Farmer* suggests that “Crowding pigs pays” for overall productivity.⁴

Many breeding sows spend their adult lives in gestation and farrowing stalls where they cannot turn around.



This [the movie *Babe*] is the way Americans want to think of pigs. Real-life “Babes” see no sun in their limited lives, with no hay to lie on, no mud to roll in. The sows live in tiny cages, so narrow they can't even turn around. They live over metal grates, and their waste is pushed through slats beneath them and flushed into huge pits.



See PETA's pig investigation at www.goveg.com/pigcasevid.html



MORLEY SAFER “Pork Power,”
60 Minutes, 9/19/97

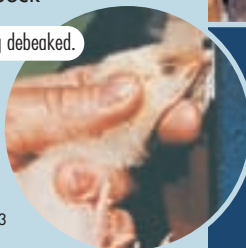


Birds

In the U.S., virtually all farmed birds are raised in factory farms.⁵ Under these crowded, stressful conditions, chickens peck each other.

To combat

Chick being debeaked.



this, workers cut off the ends of the hens' beaks with hot knives, causing severe pain for weeks.⁶ Some birds are not able to eat after being debeaked and starve.³ In poorly ventilated buildings, manure fumes exacerbate respiratory infections and can cause eye infections and other diseases.⁷

Egg-Laying Hens

The average laying hen has less than half a square foot of floor space in which to live her entire life.⁸ These conditions lead to lameness, bone brittleness, osteoporosis, and muscle weakness.³

In 1888, the average hen laid 100 eggs per year;¹ in 2000, it was 257.⁹ When her production declines, a U.S. hen is either slaughtered or "force-molted"—deprived of food and water for several days in order to shock her body into another laying cycle.⁵

Egg-laying hatcheries don't have any use for male chicks; they are killed by either suffocation in plastic bags, decapitation, gassing, or crushing.³

Left & right: Hens who lay brown eggs sold in health food stores. Far right: Inside a broiler house.



According to experts, broilers [chickens raised for meat] now grow so rapidly that the heart and lungs are not developed well enough to support the remainder of the body, resulting in congestive heart failure and tremendous death losses.

DAVID MARTIN *Feedstuffs*, 5/26/97

Hen with infected eye.

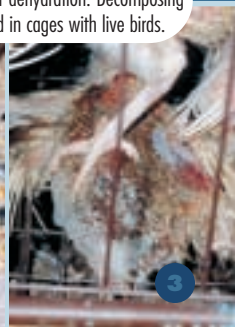


Egg-laying hens in battery cages.

With increased knowledge of the behaviour and cognitive abilities of the chicken, has come the realization that the chicken is not an inferior species to be treated merely as a food source.

LESLEY J. ROGERS, PhD *The Development of Brain and Behaviour in the Chicken*, 1995

Hens in battery cages can become immobilized and die of asphyxiation or dehydration. Decomposing corpses are often found in cages with live birds.



- 1 Textbook *Scientific Farm Animal Production*, 6th edition, 1998.
- 2 USDA, *Animal Welfare Issues Compendium*, 9/97.
- 3 Bernard E. Rollin, PhD, *Farm Animal Welfare* (Iowa State University Press, 1995).
- 4 11/15/93.
- 5 Peter Cheeke, PhD, textbook *Contemporary Issues in Animal Agriculture*, 1999.
- 6 *Br Poultry Sci*, 1989;30:479.
- 7 *Diseases of Poultry*, 1997.
- 8 USDA APHIS VS, *Reference of 1999 Table Egg Layer Management in the U.S.*, 1/00.
- 9 USDA NASS, *Agricultural Statistics 2001*.

Bessie's Real Life

People commonly believe they do not hurt a cow by drinking her milk. However, it is unprofitable to keep cows alive once their milk production declines. They are usually killed at 5–6 years of age,¹ though their normal life span is 25. Thus, dairy consumption leads directly to the slaughter of cows.

A dead dairy cow is left outside for the renderer.



USDA statistics show that in 1940, cows averaged 2.3 tons of milk per year. Despite large milk surpluses, Bovine Growth Hormone (BGH) was approved in 1993; by 1999, the average was 8.9 tons per cow.⁹ Some BGH treated cows have produced more than 30 tons of milk in a year.¹⁰ High milk production leads to udder ligament damage, lameness, mastitis, and metabolic disorders.^{1,5}



Dairy cows rarely get to nurse their young.¹ One-third of male calves are slaughtered immediately, while 40% are raised for “special-fed veal.”² These calves are normally kept in individual stalls, chained by the neck on a 2 to 3 foot tether for 18 to 20 weeks.² They are then slaughtered.



Calves raised for veal.

Mrs. DeBoer said she had never milked a cow by hand, and never expected to. In the factory that is her barn, the employees, almost entirely Latino, manage the machinery. “It’s just a factory is what it is,” she said. “If the cows don’t produce milk, they go to beef.”

“Urban Sprawl Benefits Dairies in California,”
New York Times, 10/22/99



Photo by David Falconer

What About Fish?

An Institute of Medical Ethics (U.K.) panel tentatively concluded that fish feel pain. Patrick Bateson, a panel member, wrote, “Few people have much fellow feeling for fish even though many fish are long-lived, have complicated nervous systems, and are capable of learning complicated tasks.”¹¹

Each year approximately 80,000 dolphins and thousands of other marine mammals are snagged in fishing nets worldwide. Most die.¹² Industrial fishing depletes marine food webs, seriously damaging ocean ecosystems.¹³

A downed cow is left to die at an Oklahoma stockyard as her calf and other cows watch.



10 *Associated Press*, 9/20/96.

11 *New Scientist*, 4/25/92.

12 *Science*, 5/14/99.

13 “Overfishing Disrupts Entire Ecosystems,” *Science*, 2/6/98.

Transport

The stress of transport causes all farmed animals to lose at least 3% of their weight from urination and defecation, most in



the first hour.¹⁴ Crammed together, they must stand in this excrement while exposed to extreme weather conditions in open trucks, sometimes freezing to the trailer.¹⁴

Caged turkeys on truck.



These standard agricultural practices can result in “downers”—animals too sick or weak to walk, even when shocked

with electric prods or beaten. Downers who survive transport are dragged by chains to slaughter or to “deadpiles” where they are left to die.¹⁵

Wildlife

USDA APHIS’ Wildlife Services and livestock producers

kill wildlife to protect farmed animals. Having eliminated native populations of wolves and grizzly bears,⁵ federal government hunters now kill about 100,000 coyotes, bobcats, feral hogs, bison, and mountain lions each year.¹⁶ They are shot, caught in steel-jaw leghold traps or neck nooses, or poisoned with cyanide.¹⁶



Bison are killed to protect cattle.

Like this bull I had last year—this bull was one of the biggest bulls I’ve ever seen. It was at the very front of the trailer. And the spirit it had, he was just trying his hardest to get off the trailer. He had been prodded to death by three or four drivers...but his back legs, his hips have given out. And so basically they just keep prodding it. So it took about 45 minutes to get it from the front nose of the trailer to the back ramp.... Then from there it was chained with its front legs and it fell off the ramp, smashed onto the floor which I don’t know how many feet that would be but quite a racket...I just said, “Why don’t you shoot the damn thing? What’s going on? What about this Code of Ethics?” This one guy said, “I never shoot. Why would I shoot a cow that can come off and there’s still good meat there?” When I first started, I talked to another trucker about downers. He said, “You may as well not get upset. It’s been going on for many years. It will go on for the rest of my life and your life. So just calm down about it. It happens. You’ll get kind of bitter like I did. You just don’t think about the animals. You just think that they aren’t feeling or whatever.”

interview with a Canadian livestock trucker from *A Cow at My Table*, a 1998 documentary on the meat industry (see www.veganoutreach.org/catalog)

A downed cow, whose neck was broken when she was forcibly separated from her calf in the marketing process, is left to die at a Texas stockyard.



¹⁴ USDA, *Survey of Stunning & Handling*, 1/7/97.

¹⁵ Video footage from *The Down Side of Livestock Marketing* (Farm Sanctuary, 1991).

¹⁶ *Washington Post*, 11/4/98.



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

RALPH WALDO EMERSON "Fate,"
The Conduct of Life, 1860



It takes 25 minutes to turn a live steer into steak at the modern slaughterhouse where Ramon Moreno works.... The cattle were supposed to be dead before they got to Moreno. But too often they weren't. "They blink. They make noises," he said softly. "The head moves, the eyes are wide and looking around." Still Moreno would cut. On bad days, he says, dozens of animals reached his station clearly alive and conscious. Some would survive as far as the tail cutter, the belly ripper, the hide puller. "They die," said Moreno, "piece by piece."

"Modern Meat: A Brutal Harvest,"
Washington Post, 4/10/01

IF SLAUGHTERHOUSES HAD GLASS WALLS...

If they survive the farms and transport, all egg-laying, dairy-producing, and wool-bearing animals—whether factory-farmed or free-range—are slaughtered.

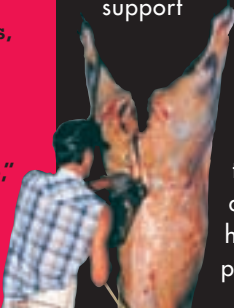
Federal law requires that mammals be stunned (rendered insensible to pain) prior to slaughter (excluding kosher and halal slaughter). Common methods are:

- ▶ Captive bolt stunning – A "pistol" is set against the animal's head and a metal rod is thrust into the brain. Shooting a struggling animal is difficult, and the rod often misses its mark.¹⁷
- ▶ Electric stunning – Electric current is used to produce a grand mal seizure, then the throat is cut. Temple Grandin, PhD, states, "Insufficient amperage can cause an animal to be paralyzed without losing sensibility."¹⁴

The USDA oversees the treatment of animals in meat plants through food inspectors. Arthur Hughes, Vice Chairman of the National Council of Food Inspection Locals, a union of 6,000 federal meat inspectors, states: "Drastic increases in production speeds, lack of support



from supervisors in plants, new inspection policies which significantly reduce our enforcement authority, and little or no access to the areas of the plants where animals are killed, have significantly hampered our ability to ensure compliance with humane regulations."¹⁸





In my opinion, if most urban meat-eaters were to visit an industrial broiler house, to see how the birds are raised, and could see the birds being “harvested” and then being “processed” in a poultry processing plant, they would not be impressed and

some, perhaps many of them would swear off eating chicken and perhaps all meat.

PETER CHEEKE, PhD textbook *Contemporary Issues in Animal Agriculture*, 1999

Even when problems are reported by meat inspectors, the government often ignores them. For example, no action was taken against a Texas beef company despite 22 citations in 1998 for violations that included chopping the hooves off live cattle.¹⁹

“Hogs, unlike cattle, are dunked in tanks of hot water after they are stunned to soften the hides for skinning. As a result, a botched slaughter condemns some hogs to being scalded and drowned. Secret videotape from an Iowa pork plant shows hogs squealing and kicking as they are being lowered into the water.”¹⁹



Although the slaughter of birds is exempt from federal law, electric stunning is normally used to induce paralysis for ease of handling. However, it is not known whether stunning renders the birds unconscious;³ the shock may be an “intensely painful experience.”²⁰ Each year, large numbers of chickens, turkeys, ducks, and geese reach the scalding tanks alive and are either boiled to death or drowned.^{21, 22}



17 *Meat & Poultry*, 3/97.

18 “Faulty Practices Result in Inhumane Slaughterhouses,” *Scripps Howard News Service*, 1/30/01.

19 “Modern Meat: A Brutal Harvest,” *Washington Post*, 4/10/01.

20 “Humane Slaughter of Poultry: The Case Against the Use of Electrical Stunning Devices,” *J Ag & Env Ethics*, 7/94.

21 USDA FSIS Animal Disposition Reporting System, 1998.

22 USDA FSIS, *Meat and Poultry Inspection Manual*, Part 11.

Animals are God’s creatures, not human property, nor utilities, nor resources, nor commodities, but precious beings in God’s sight.

REV. ANDREW LINZEY Oxford University,
Animal Theology, 1995



The way that we breed animals for food is a threat to the planet. It pollutes our environment while consuming huge amounts of water, grain, petroleum, pesticides and drugs. The results are disastrous.

DAVID BRUBAKER, PhD Center for a Livable Future, Johns Hopkins University, *Environmental News Network*, 9/20/99



[T]hose who claim to care about the well-being of human beings and the preservation of our environment should become vegetarians for that reason alone. They would thereby increase the amount of grain available to feed people everywhere, reduce pollution, save water and energy, and cease contributing to the clearing of forests; moreover, since a vegetarian diet is cheaper than one based on meat dishes, they would have more money available to devote to famine relief, population control, or whatever social or political cause they thought most urgent. [W]hen non-vegetarians say that "human problems come first," I cannot help wondering what exactly it is that they are doing for human beings that compels them to continue to support the wasteful, ruthless exploitation of farm animals.

ENVIRONMENTAL IMPACTS

The FAO of the United Nations reports²³ problems created, or significantly increased, by animal excrement and the production of animal feed:

- ▶ Contamination of aquatic ecosystems, soil, and drinking water by manure, pesticides, and fertilizers
- ▶ Acid rain and forest damage from ammonia emissions
- ▶ Destruction of wildlife habitat
- ▶ Soil erosion
- ▶ Greenhouse gas production
- ▶ Depletion of aquifers for irrigation



The report also states that fossil fuel energy is a major input of industrial egg, milk, and animal flesh production, and that factory farms are inefficient at converting this energy into food for humans.²³ Likewise, the typical North American diet requires twice as much water to produce as

less meat-intensive diets.²⁴



Intensive pig farms have made the air so unbearable in some

rural communities that some residents must wear masks while outdoors.²⁵ The EPA reports over 200 manure discharges and spills from animal farms killed more than a billion fish between 1990 and 1997.²⁶



Improper grazing has caused extensive environmental damage and rangeland degradation in the Western U.S.⁵

23 Food and Agriculture Organization of the U.N., *Livestock & the Environment*, 1996 (www.fao.org/docrep/x5303e/x5303e00.htm).

24 *Scientific American*, 2/01, p. 50.

25 *Time*, 11/30/98.

26 U.S. Environmental Protection Agency, EPA-821-B-01-001, 1/01.

A Healthy Way To Live

According to the American Dietetic Association's position paper, vegetarian diets are associated with a reduced risk for obesity, coronary artery disease, hypertension, diabetes mellitus, colorectal cancer, lung cancer, and kidney disease.²⁷

In September 1999, *The American Journal of Clinical Nutrition* published a series of papers describing the benefits of basing one's diet on fruits, vegetables, legumes, nuts and seeds, and whole grains:

- ▶ High fruit and vegetable consumption has been associated with a reduced risk for cardiovascular disease, several common cancers, and other chronic diseases (such as macular degeneration and cataracts).
- ▶ Legumes (e.g., beans, peas, lentils, and peanuts) are excellent sources of protein, fiber, and a variety of micronutrients and phytochemicals that may protect against disease.
- ▶ Regular consumption of nuts has been associated with lower risk for heart disease and mortality. Walnuts are noteworthy because they are rich in alpha-linolenic acid, an omega-3 fatty acid which has anti-blood-clotting properties.
- ▶ Whole-grain consumption has been associated with a reduced risk for heart disease, diabetes, hypertension, and stomach and colon cancer.

Bone Health

Many factors affect bone health. Exercise, calcium, vitamin D, and adequate protein increase bone health. Smoking, and excessive amounts of sodium or protein decrease it. Broccoli, kale, and collards are naturally high in bioavailable calcium, and also have ample magnesium, potassium, and vitamin K which protect bones.²⁸ Non-dairy milks and orange juice are often fortified with calcium.



Even though a well-balanced vegan diet tends to have many advantages over the standard American diet, simply avoiding animal products will not ensure optimal health. Please see page 10 for more information.



I think everybody has that capacity to stop and think and say, "If I knew you, I wouldn't eat you." And in some ways, it really is that simple.

TOM REGAN, PhD North Carolina State University
Professor of Philosophy, from *A Cow at My Table*



The human body has no more need for cows' milk than it does for dogs' milk, horses' milk, or giraffes' milk.

MICHAEL KLAPER, MD speech, 7/19/85

27 *J of ADA*, 1997;97(No. 11):1317-21
(www.eatright.org/adap1197.html).
28 *Am J Clin Nutr*, 1999;69:727-36.

Recommended daily intakes for vegan adults^a

upper limit^b

vitamin B12	≥ 10 mcg ^c	none
iodine	150 mcg	1100 mcg
vitamin D	5–15 mcg (200–600 IU)	50 mcg (1000 IU)
calcium	1000–1300 mg	2500 mg
omega-3 fats	2.7–5.4 g ^d	unknown

- a See “Staying a Healthy Vegan” (SHV) at www.veganoutreach.org/health for needs of other age groups and for more information about all issues on this page.
- b Could be harmful in amounts exceeding the upper limit.
- c mcg = microgram = µg
- d Most easily obtained through 1–2 tsp of flax-seed oil. See SHV (above) for other sources.

Some high-protein plant foods

	serving	prot (g)
tofu	½ C	10–20
veggie dog/burger	1	6–18
soybeans*	½ C	14.3
texturized soy protein	½ C	11
soymilk	1 C	5–10
lentils*	½ C	8.9
peanut butter	2 T	8.0
chickpeas*	½ C	7.5
sunflower seeds	2 T	5.0
brown rice	1 C	4.9

Some high-calcium plant foods

	serving	Ca (mg)
soymilk, fortified	1 C	200–300
figs, dried	5	258
orange juice, fortified	1 C	250
blackstrap molasses	1 T	187
collard greens*	½ C	178
navy beans*	½ C	64
almonds	2 T	50
broccoli*	½ C	50
kale*	½ C	47

*cooked

Vegan Nutrition

Like all diets, vegan diets must be appropriately planned in order to be healthy and nutritionally optimal. Vegans should make an effort to obtain the following nutrients:

Protein Vegans should eat 0.4 g of protein per day for every pound of healthy body weight.²⁹ If vegans consume adequate calories and

a variety of foods each day, they should get enough protein. One need not combine foods at each meal to get “complete protein.”²⁹

Vitamin B12 B12 prevents permanent nerve damage (e.g., blindness, deafness, and dementia); keeps the digestive system healthy; and reduces the risk of heart disease by lowering homocysteine levels. Early deficiency symptoms sometimes include fatigue and tingling in the hands or feet. No unfortified plant foods (including seaweeds and tempeh) are reliable sources of B12. Vegans who get 10 mcg (µg)/day through fortified foods or supplements can have even better B12 status than many non-vegans who do not supplement. B12 intake is especially critical during pregnancy, lactation, childhood, and old age.

Vitamin D Vitamin D is produced by sunshine on bare skin (without sunscreen). Light-skinned people need 10 to 15 minutes of sunshine on their hands and face, 2 to 3 times a week. Dark-skinned people need up to 6 times this amount. People in cold or cloudy climates should meet needs through fortified foods or supplements.²⁹ The bone density of vegans living in northern climates has been shown to increase from a supplement of 5 mcg (µg)/day.





Fats Higher fat foods like nuts and seeds (and their butters), avocados, and small amounts of vegetable oils (especially canola and olive) should be part of a healthy diet. These foods are particularly important for meeting children's calorie needs.²⁹

A large body of scientific evidence shows that omega-3 fatty acids have anti-blood-clotting, anti-inflammatory, and cholesterol-lowering properties. Vegans can most easily obtain omega-3 fats by eating 1–2 tsp of flaxseed oil per day. The oil may be added to warm food, but cooking will damage it. Flaxseed oil, sold in many natural food and grocery stores, should be kept refrigerated.

Other Nutrients Iron, zinc, and riboflavin (vitamin B2) can be low in some vegan diets, though vegans do not show deficiency symptoms any more than do non-vegans.²⁹ Although these nutrients are found in small amounts in a wide array of plant foods, some researchers suggest taking a modest multivitamin supplement while transitioning to a vegetarian diet. Iron supplementation might be useful if you feel tired, but it should be either moderate or under the guidance of a health professional.

Cereals are often fortified with iron, zinc, and B2. Beginning the day with a bowl of fortified cereal and calcium-fortified non-dairy milk is a good start towards meeting your daily nutrient requirements.



Veganism has given me a higher level of awareness and spirituality.

DEXTER SCOTT KING son of Rev. Martin Luther King, Jr., *Vegetarian Times*, 10/95



For more information on nutrition:

- ▶ ***Becoming Vegan*** by Brenda Davis, RD and Vesanto Melina, MS, RD. Nutrition, 2000.
- ▶ ***The Vegetarian Way*** by Virginia Messina, MPH, RD and Mark Messina, PhD. Nutrition and recipes, 1996.
- ▶ ***Vegan Starter Pack***
- ▶ www.veganoutreach.org/health includes information on vegan multivitamins
- ▶ www.andrews.edu/NUFS/vegathletes.htm nutrition for vegan athletes

(Please see page 15 for ordering information)

29 Mark Messina, PhD and Virginia Messina, MPH, RD, *The Dietitian's Guide to Vegetarian Diets: Issues and Applications* (Aspen Publishers, 1996).



Vegan bacon bits and cheeses made from soy, rice, or almonds are available in supermarkets.

When I met my first vegetarian, he told me he had not eaten meat for fourteen years. I looked at him as if he had managed to hold his breath that entire time. Today I know there is nothing rigorous or strange about eating a diet that excludes meat.

ERIK MARCUS *Vegan: The New Ethics of Eating, 1998*



What To Eat?

When changing your diet, it may take some time to find new foods and develop a routine. Keep experimenting—there are many dairy and meat substitutes from which to choose; everyone has their own

favorites. With time, experience, and adequate motivation, new habits become easy to form and follow.



Vegan selections are available in supermarkets as well as pizza places, Taco Bell, Subway, and other restaurants, including Mexican, Indian, Thai, Chinese, Italian, Middle Eastern, and Ethiopian.



Baked goods requiring eggs can be made using Ener-G® Egg Replacer, corn starch (2 T per egg), or one banana per egg in cakes. Soy, rice, and nut milks

can be used in recipes calling for milk. Other dairy substitutes—including dairy-free cheeses, yogurts, and frozen desserts—can be purchased, or prepared at home with recipes like those provided in *The Uncheese Cookbook*.



“Traditional” recipes, and an excellent section on seitan (or “wheat meat”) and other meat substitutes, can be found in *Vegan Vittles*. Our *Vegan Starter Pack* includes a variety of substitutes and other recipes (please see page 15).

Simple meal ideas include:

► Breakfast

- Pancakes
- Soy yogurt
- Fruit smoothie
- Bagel or toast with jelly
- Oatmeal or other hot cereal
- Cereal or granola with soy, rice, or nut milk



Gourmet photos appear
courtesy of Millennium Restaurant
www.millenniumrestaurant.com

► Lunch / Dinner

- Bean burrito
- Grain or soy burger
- Vegetarian hot dog
- Baked, mashed, or French-fried potatoes
- Vegetarian lunchmeat sandwich
- Baked tempeh or tofu sandwich
- Tofu, tempeh, or seitan stir-fry
- Pasta and tomato sauce
- Tofu lasagna
- Seitan casserole
- Peanut butter and jelly
- Soup or chili (over pasta or rice)



Vegans enjoy delicious dairy-free desserts.

► Snacks / Dessert

- Peanuts, almonds, or walnuts
- Sunflower or pumpkin seeds
- Clif Bar®
- Chips and salsa
- Pretzels or popcorn
- Banana, apple, or orange
- Raisins, figs, or dried apricots
- Pie, cookies, cake, or vegan ice cream



Widening the Circle

"Historically, man has expanded the reach of his ethical calculations, as ignorance and want have receded, first beyond family and tribe, later beyond religion, race, and nation. To bring other species more fully into the range of these decisions may seem unthinkable to moderate opinion now. One day, decades or centuries hence, it may seem no more than 'civilized' behavior requires."³⁰

Peter Singer, Princeton University philosopher and author of *Animal Liberation*, has said, "All the arguments to prove human superiority cannot shatter this hard fact: in suffering, the animals are our equals." For any individual who can suffer, the degree of suffering, not the species of the sufferer, is what should count.

Crated calves, raised for veal, live in their own excrement.

Overcrowding causes severe feather loss.

Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

ALBERT EINSTEIN letter dated 1950, quoted in H. Eves' *Mathematical Circles Adieu*, 1977

Inside the slaughterhouse, this pig has collapsed in his own vomit.

Ducks and geese are force-fed to produce liver pâté.

The animals of the world exist for their own reasons. They were not made for humans any more than black people were made for white, or women created for men.

ALICE WALKER author of *The Color Purple*, foreword to *The Dreaded Comparison: Human & Animal Slavery*

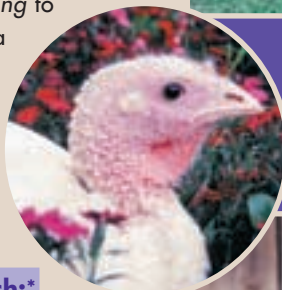
DR. CARL SAGAN & DR. ANN DRUYAN
Shadows of Forgotten Ancestors, 1992

Vegan Outreach

Throughout history, animals have been used as means to human ends. Consequently, it is impossible to avoid every product that is in some way connected to animals. However, by rejecting the primary products for which animals are exploited or killed, we withdraw our support from animal agriculture and reduce suffering.

Alleviating the suffering of others is the essence of veganism and can be embraced by each of us. Regardless of any other beliefs we hold and however else we choose to lead our lives, we can make a conscious decision to act from kindness and compassion rather than habit and tradition. Making humane choices is the ultimate affirmation of our humanity.

Vegan Outreach can provide you with copies of *Why Vegan* and/or *Vegetarian Living* to distribute in your area, as well as a *Vegan Starter Pack* (which includes more health information, recipes, a vegan foods glossary, essays, questions & answers, and a list of other vegan resources).



Available from Vegan Outreach:*

- ▶ **Vegan Starter Pack** FREE
- ▶ **Animal Liberation** Peter Singer \$14
- ▶ **Vegan: The New Ethics of Eating** In-depth book about veganism \$15
- ▶ **Becoming Vegan** \$19
- ▶ **The Vegetarian Way** \$25
- ▶ **Vegan Vittles** Cookbook with vegan twists on familiar recipes \$15
- ▶ **The Uncheese Cookbook** \$15
- ▶ **Meet Your Meat** VHS documentary \$9



A 2000 National Zogby Poll estimated the number of vegans in the U.S. to be about two and a half million.

The question is not, *Can they reason?* nor, *Can they talk?* but, *Can they suffer?*

JEREMY BENTHAM *An Introduction to the Principles of Morals & Legislation, 1789*



It is easy for us to criticize the prejudices of our grandfathers, from which our fathers freed themselves. It is more difficult to distance ourselves from our own views, so that we can dispassionately search for prejudices among the beliefs and values we hold.

PETER SINGER *Practical Ethics, 1993*



True human goodness, in all its purity and freedom, can come to the fore only when its recipient has no power. Humanity's true moral test, its fundamental test (which lies deeply buried from view), 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 *The Unbearable Lightness of Being*, 1984

Based on the history and the development of confinement systems in industrialized agriculture, it is clear that if the pain, suffering, and disease of the animal does not interfere with the economic productivity, the condition is ignored. (Hence the existence of the so-called "production diseases" endemic to confinement agriculture.) Most important, there are no legal or regulatory constraints on what can be done to animals in pursuit of increasing agricultural productivity, either in agricultural research or in industry.

BERNARD E. ROLLIN, PhD "Bad Ethics, Good Ethics and the Genetic Engineering of Animals in Agriculture," *J Anim Sci*, 1996;74:535-541



Do we, as humans, having an ability to reason and to communicate abstract ideas verbally and in writing, and to form ethical and moral judgments using the accumulated knowledge of the ages, have the right to take the lives of other sentient organisms, particularly when we are not forced to do so by hunger or dietary need, but rather do so for the somewhat frivolous reason that we like the taste of meat? In essence, should we know better?

PETER CHEEKE, PhD textbook *Contemporary Issues in Animal Agriculture*, 1999

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