

# BEING VEGAN

## Getting started...

Probably the most informative online guide to help people become vegan is [www.VeganKit.com](http://www.VeganKit.com)

There is a great downloadable Animal Aid PDF guide:

[www.animalaid.org.uk/images/pdf/icant.pdf](http://www.animalaid.org.uk/images/pdf/icant.pdf)

Find a local Facebook group - these are very helpful and supportive. Many will provide mentors/buddies to guide you.

## Shopping...

Buy fresh organic produce where possible. Many towns and cities now have whole food shops or vegan shops. Most supermarkets now label products as vegan.

## Eating...

It is recommended that people eat nine pieces of fruit & veg a day. Add grains & pulses, drink clean water and your body nearly has all the nutrition it needs.

For eating out look on [www.HappyCow.net](http://www.HappyCow.net)

## Remember...

A vegan diet can be healthy... a sensible vegan diet provides the equivalent benefit of doing 1000 hours exercise a year! If each vegan "makes" one other person vegan each year, then it would take 8 years for the world to be vegan - the bloodshed would be over.

Find out more online at

[www.BeVegan.Today](http://www.BeVegan.Today)

Veganism is not about giving anything up or losing anything; it is about **gaining the peace within yourself that comes from embracing nonviolence** and refusing to participate in the exploitation of the vulnerable.

Contact [www.BertyJustice.co.uk](http://www.BertyJustice.co.uk) for vegan presentations and speaking.

Printed on 100% recycled paper by [www.BeVegan.Today](http://www.BeVegan.Today)

# BEING VEGAN

## Getting started...

Probably the most informative online guide to help people become vegan is [www.VeganKit.com](http://www.VeganKit.com)

There is a great downloadable Animal Aid PDF guide:

[www.animalaid.org.uk/images/pdf/icant.pdf](http://www.animalaid.org.uk/images/pdf/icant.pdf)

Find a local Facebook group - these are very helpful and supportive. Many will provide mentors/buddies to guide you.

## Shopping...

Buy fresh organic produce where possible. Many towns and cities now have whole food shops or vegan shops. Most supermarkets now label products as vegan.

## Eating...

It is recommended that people eat nine pieces of fruit & veg a day. Add grains & pulses, drink clean water and your body nearly has all the nutrition it needs.

For eating out look on [www.HappyCow.net](http://www.HappyCow.net)

## Remember...

It is healthy... a sensible vegan diet provides the equivalent benefit of doing 1000 hours exercise a year!

If each vegan "makes" one other person vegan each year, then it would take 8 years for the world to be vegan - the bloodshed would be over.

Find out more online at

[www.BeVegan.Today](http://www.BeVegan.Today)

Veganism is not about giving anything up or losing anything; it is about **gaining the peace within yourself that comes from embracing nonviolence** and refusing to participate in the exploitation of the vulnerable.

Contact [www.BertyJustice.co.uk](http://www.BertyJustice.co.uk) for vegan presentations and speaking.

Printed on 100% recycled paper by [www.BeVegan.Today](http://www.BeVegan.Today)

# WHY VEGANISM?

## For the ANIMALS

Animals are killed and abused mostly to be put onto people's food plates. Wherever you look non-human animals are being used by human animals. This isn't decent or fair on the animals. It is called speciesism; it simply isn't justice for the animals. People live healthily without eating animal flesh and/or their secretions. Watch **Earthlings** to see how bad animal abuse is.

## For the PEOPLE

There is now lots of evidence to show that a diet high in animal products is not healthy. In fact many illnesses, including cancers, are now proven to be caused and/or made worse by a diet high in animal proteins. Adopt a healthy vegan diet and watch your body slowly recover and hear it thank you!

Visit [www.PCRM.org](http://www.PCRM.org) or [www.nutritionfacts.org](http://www.nutritionfacts.org)

Watch **Forks Over Knives** for info about health.

## For the PLANET

The meat industry is the single biggest cause of pollution on earth. Rainforest deforestation is mostly for animal grazing or to grow food for animals. The seas are forecast to be dead zones by 2040. Much seafood now contains plastic particles and toxins. Watch **Cowspiracy** to get the facts about this!

**Why hurt or kill animals when you don't need to?**

# WHY VEGANISM?

## For the ANIMALS

Animals are killed and abused mostly to be put onto people's food plates. Wherever you look non-human animals are being used by human animals. This isn't decent or fair on the animals. It is called speciesism; it simply isn't justice for the animals. People live healthily without eating animal flesh and/or their secretions. Watch **Earthlings** to see how bad animal abuse is.

## For the PEOPLE

There is now lots of evidence to show that a diet high in animal products is not healthy. In fact many illnesses, including cancers, are now proven to be caused and/or made worse by a diet high in animal proteins. Adopt a healthy vegan diet and watch your body slowly recover and hear it thank you!

Visit [www.PCRM.org](http://www.PCRM.org) or [www.nutritionfacts.org](http://www.nutritionfacts.org)

Watch **Forks Over Knives** for info about health.

## For the PLANET

The meat industry is the single biggest cause of pollution on earth. Rainforest deforestation is mostly for animal grazing or to grow food for animals. The seas are forecast to be dead zones by 2040. Much seafood now contains plastic particles and toxins. Watch **Cowspiracy** to get the facts about this!

**Why hurt or kill animals when you don't need to?**

## Veganism may not solve all of the world's problems - just most of them!

The word veganism denotes a philosophy and way of living which seeks to exclude - as far as is possible and practical - all forms of exploitation of, and cruelty to animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of humans, animals and the environment. ~ *veganism defined by Donald Watson, one of the founders of The Vegan Society, in 1944.*

Most people are conditioned, or raised, to eat animals and animal products and drink cows' breast milk. The people in the meat industry are very clever at hiding the extent of the abuse and cruelty in their industry. Many undercover investigations sadly confirm this.

Learn how to release yourself from the slaughter industry and become vegan. Being vegetarian is not good enough because the milk and egg industries are probably the most cruel. The dairy industry involves continually raping cows to keep them permanently lactating. Most newborn baby cows are removed from their mothers immediately. This is so that they won't drink milk destined for humans. In the egg industry, 250 million baby chicks are crushed or suffocated each day simply because they are male and will not produce eggs.

**Many vegans wish they had become vegan sooner. Why not give up meat, eggs, dairy and animal products? GO CRUELTY FREE - choose clothing & other things that do not use any animal products.**

## Veganism may not solve all of the world's problems - just most of them!

The word veganism denotes a philosophy and way of living which seeks to exclude - as far as is possible and practical - all forms of exploitation of, and cruelty to animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of humans, animals and the environment. ~ *veganism defined by Donald Watson, one of the founders of The Vegan Society, in 1944.*

Most people are conditioned, or raised, to eat animals and animal products and drink cows' breast milk. The people in the meat industry are very clever at hiding the extent of the abuse and cruelty in their industry. Many undercover investigations sadly confirm this.

Learn how to release yourself from the slaughter industry and become vegan. Being vegetarian is not good enough because the milk and egg industries are probably the most cruel. The dairy industry involves continually raping cows to keep them permanently lactating. Most newborn baby cows are removed from their mothers immediately. This is so that they won't drink milk destined for humans. In the egg industry, 250 million baby chicks are crushed or suffocated each day simply because they are male and will not produce eggs.

**Many vegans wish they had become vegan sooner. Why not give up meat, eggs, dairy and animal products? BE VEGAN - choose clothing & other things that do not use any animal products.**

## Quotes

For as long as men massacre animals, they will kill each other. Indeed, he who sows the seed of murder and pain cannot reap joy and love. ~ *Pythagoras*

Man, do not pride yourself on your superiority to the animals, for they are without sin, while you defile the earth wherever you appear. ~ *Dostoyevsky*

One should not kill a living being, nor cause it to be killed, nor should one incite another to kill. ~ *Buddha*

We cannot have peace among men whose hearts find delight in killing any living creature. ~ *Rachel Carson*

One day men such as I will look upon the murder of animals as they now look upon the murder of men. My body won't be a tomb for other creatures. ~ *Leonardo Da Vinci*

There is no fundamental difference between man and animals in their ability to feel pleasure and pain, happiness, and misery. ~ *Charles Darwin*

The man who kills the animals today is the man who kills the people who get in his way tomorrow. *Dr. Diane Fossey*

Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet. ~ *Albert Einstein (before veganism)*

The Animals of the planet are in desperate peril and they are fully aware of this. ~ *Alice Walker*

A man can live and be healthy without killing animals for food; therefore, if he eats meat, he participates in taking animal life merely for the sake of his appetite which is immoral. ~ *Leo Tolstoy*

## Quotes

For as long as men massacre animals, they will kill each other. Indeed, he who sows the seed of murder and pain cannot reap joy and love. ~ *Pythagoras*

Man, do not pride yourself on your superiority to the animals, for they are without sin, while you defile the earth wherever you appear. ~ *Dostoyevsky*

One should not kill a living being, nor cause it to be killed, nor should one incite another to kill. ~ *Buddha*

We cannot have peace among men whose hearts find delight in killing any living creature. ~ *Rachel Carson*

One day men such as I will look upon the murder of animals as they now look upon the murder of men. My body won't be a tomb for other creatures. ~ *Leonardo Da Vinci*

There is no fundamental difference between man and animals in their ability to feel pleasure and pain, happiness, and misery. ~ *Charles Darwin*

The man who kills the animals today is the man who kills the people who get in his way tomorrow. *Dr. Diane Fossey*

Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet. ~ *Albert Einstein (before veganism)*

The Animals of the planet are in desperate peril and they are fully aware of this. ~ *Alice Walker*

A man can live and be healthy without killing animals for food; therefore, if he eats meat, he participates in taking animal life merely for the sake of his appetite which is immoral. ~ *Leo Tolstoy*