Go Vegan!

Everything you need to eat right for your health, for animals, and for the Earth

FREE Recipes Inside!

STARTER KIT
Eating for life

Congratulations!

By opening this guide, you’ve just taken the first exciting step towards one of the best choices that you can make for yourself, animals and the planet. The pages that follow are packed with important information, easy tips and scrumptious recipes to help you establish eating habits that you’ll feel great about. It’s easy to live and let live, and this guide will show you how.

Vegan and Vegetarian Athletes

Why are vegan athletes always at the top of their game? One reason is that plant foods provide athletes with all the nutrients that they need to stay healthy, competitive and strong – minus the saturated fat, cholesterol and other contaminants found in meat and dairy products that could slow them down. Carl Lewis, perhaps the greatest Olympic athlete ever, says, “My best year of track competition was the first year I ate a vegan diet”.

Local vegan and vegetarian champions include Peter Siddle, Robert de Castella, Ruth Heidrich (New Zealand Ironman title winner) and surfer Dave Rastovich. World-class mixed martial arts athletes – including Jake Shields, Nate and Nick Diaz and Mac Danzig – also stay strong while avoiding animal-derived foods.

Vegan and vegetarians receive optimal nutrition from plant foods and weigh less, on average, than meat-eaters. They also have better cardiovascular health and more stamina. All these things help athletes perform at their peak potential. Physician and author Dr Neal Barnard explains that “a healthy vegan diet gives important advantages over a meaty diet, which is why many Olympic and professional athletes are vegetarians.” A study involving the Australian Institute of Sport found that “many successful endurance athletes are vegetarians”.

By example, you create a certain level of awareness.

• Sylvie Guillem ballet icon
• Rich Roll ultra-endurance athlete
• Dave Rastovich, surfing sensation
• Amanda Beard seven-time Olympic medallist in swimming
• Brendan Brazier, endurance athlete and Ironman
• Chris Evert, tennis champion
• Robert de Castella, marathon runner
• Jake Shields, mixed martial arts champion
• Peter Siddle, fast bowler

Bill Clinton “I like the vegetables, the fruits, the beans, the stuff! I eat now … All my blood tests are good, and my vital signs are good, and I feel good, and I also have, believe it or not, more energy.”

Stella McCartney “It is wrong to eat dead animals on any level; it is destructive for the environment, it is not ethical, it has been proven to be damaging to your health and, spiritually, you should love and live with your fellow creatures, not kill them!”

Peter Siddle “I am a vegetarian because I realise that even little chickens suffer pain and fear, experience a range of feelings and emotions, and are as intelligent as mammals, including dogs, cats and even some primates.”

Joaquin Phoenix “Animal rights is a part of my everyday life. When you live by example, you create a certain level of awareness.”

James Cameron “It’s not a requirement to eat animals; we just choose to do it, so it becomes a moral choice and one that is having a huge impact on the planet, using up resources and destroying the biosphere.”

FIND OUT MORE ABOUT HEALTHY VEGAN EATING AT PETA.ORG.AU.
Leading health experts agree that a vegetarian diet provides optimal nutrition for both children and adults. The Australian Medical Association warns of the health risks of meat-heavy diets. Nutrition Australia says, “There is a substantial body of evidence supporting the belief that vegetarians in Western countries experience significantly less cancer, less heart disease, fewer strokes and generally live longer than omnivores”.

Scientists have found that vegetarians have stronger immune systems than meat-eaters; this means that they are less susceptible to everyday illnesses like the flu. Vegetarians are also far less likely to have stronger immune systems than meat-eaters; this means that they are less susceptible to everyday illnesses like the flu. Vegetarians are also far less likely to have stronger immune systems than meat-eaters; this means that they are less susceptible to everyday illnesses like the flu. Vegetarians are also far less likely to have stronger immune systems than meat-eaters; this means that they are less susceptible to everyday illnesses like the flu. Vegetarians are also far less likely to have stronger immune systems than meat-eaters; this means that they are less susceptible to everyday illnesses like the flu. Vegetarians are also far less likely to have stronger immune systems than meat-eaters; this means that they are less susceptible to everyday illnesses like the flu. Vegetarians are also far less likely to have stronger immune systems than meat-eaters; this means that they are less susceptible to everyday illnesses like the flu. Vegetarians are also far less likely to have stronger immune systems than meat-eaters; this means that they are less susceptible to everyday illnesses like the flu. Vegetarians are also far less likely to have stronger immune systems than meat-eaters; this means that they are less susceptible to everyday illnesses like the flu. Vegetarians are also far less likely to

Vegetable Spring Rolls

According to Dr T Colin Campbell, nutritional researcher at Cornell University and director of the largest epidemiological study in history, “The vast majority… of all cancers, cardiovascular diseases and other forms of degenerative illness can be prevented… simply by adopting a plant-based diet”.

The Victorian Government’s Better Health Channel reports, “A well-balanced vegetarian or vegan diet can provide

What About Protein, Iron and Vitamin B12?

According to medical authorities, vegetarians get plenty of protein without having to pay particular attention to their diets. Healthy vegetarian protein sources include whole grains, oats, beans, peanut butter, brown rice, peas, lentils, tofu, soy milk, nuts, seeds, mushrooms and mock meats, such as vegetarian hot dogs and burgers. By contrast, consuming too much animal protein has been scientifically linked to osteoporosis. According to a US Department of Agriculture report, vegetarian women have stronger bones than women who eat meat.

You can get all the calcium and iron that you need from the plant world – broccoli, beans, many leafy green vegetables, almonds, soy milk, tofu, calcium-fortified orange juice, soy yoghurt, figs, almond butter and tempeh are all great sources.

Fifty years ago, most people got their vitamin B12 from bacteria in their water or on fruits and vegetables. Now that water is purified and produce is so clean, good sources of B12 include fortified foods, such as breakfast cereals and soy milk, as well as vitamin supplements. In fact, the B12 in supplement form and fortified foods is actually much easier to absorb than that found in animal products.

What’s Wrong With Milk and Eggs?

No species naturally drinks milk beyond the age of weaning, and no species would naturally drink the milk of a different species. For humans, drinking cows’ milk has been linked to heart disease, cancer, diabetes and even osteoporosis, the very disease that the dairy industry claims its products are supposed to prevent. The high animal-protein content of milk actually causes calcium to be leached from the body.

One egg contains a staggering 227 milligrams of cholesterol. A recent study found that eating an egg every day can increase the risk of type 2 diabetes by 60 per cent. Eggs have also been linked to salmonella infections. According to the European Food Safety Authority, nearly a quarter of hens in Europe carry salmonella pathogens. In Australia, eggs are responsible for more than one-third of all food-borne salmonella outbreaks.

Eating Chicken: The Hazards of

Chickens on factory farms in Australia and New Zealand are routinely fed antibiotics to make them grow faster and prevent infection. However, this practice creates strains of bacteria that are resistant to antibiotic treatment and makes humans and animals more susceptible to untreatable infections, such as avian flu. Food Standards Australia New Zealand reports, “No poultry producing country has been able to eliminate Salmonella and Campylobacter from raw poultry”. Men’s Health magazine ranked chicken as the number one food you should never eat because of its high rate of bacterial contamination.
**Raising Vegan Kids**
by Shelly Davis

When you replace meat, dairy products and eggs in your children’s diet with healthy plant-based foods, you are starting them off with a significant health advantage, lowering their risk for a host of adult diseases that have been linked to animal products, including heart disease, obesity, diabetes and several types of cancer. Animal products are also linked to many of the ailments that tend to affect children. When my daughter Lilly was a baby, she never had colic, ear infections, flu or any serious illness. My younger daughter, Hailey, is now following her example.

Although I’ve given my kids a better start in life than the majority of children get, I confess that I had moments of doubt in the beginning. I had been a vegan for years, but were children different?

I was fortunate to have the full support of my paediatrician, who confirmed that kids not only don’t need any animal products but also are much better off without them, and they can easily get all the protein, iron and calcium that they need by eating plant foods. He gave me confidence and some high-powered backup by referring me to the seventh edition of the world-famous Baby and Child Care, in which Dr. Benjamin Spock wrote, “Children who grow up getting their nutrition from plant foods rather than meats have a tremendous health advantage”. He also wrote, “Animals tend to concentrate pesticides and other chemicals in their meat and milk. Traces of these chemicals can easily end up in a mother’s breast milk if she eats these products. Plant foods have much less contamination, even if they are not organically grown”.

The Journal of Pediatric Health Care agrees, stating, “Well-planned vegetarian diets can satisfy the nutritional needs and promote normal growth of infants and children”. Much of the meat in our supermarkets today is loaded with antibiotics, artificial hormones, heavy metals and a host of other toxins – none of which are found in any plant-based foods. Even pesticides and herbicides, the only two classes of chemicals found in plant foods, are far more concentrated in meat and dairy products, because farmed animals eat contaminated plant foods and then the pesticides and herbicides become concentrated in their flesh. These contaminants are bad enough for adults, but they can be especially harmful to children, whose bodies are small and still developing.

Lilly is now 4 years old. She can identify dozens of dinosaurs, was taking gymnastics and dance classes at the age of 3 and has never had bronchitis or strep throat. Her baby sister, who is growing at a rate that astounds her doctors, was speaking clearly at 10 months and was performing somersaults in her gymnastics class at only 18 months of age. Best of all, I don’t have any trouble convincing my girls to eat their veggies – Lilly’s favourite dish is tofu and broccoli – which makes the parents of the girls’ friends green with envy!

**Weight Loss**
by Deborah Wilson, MD

Obesity is one of the most pressing health problems and will likely soon become Australia’s and New Zealand’s leading cause of preventable death. According to Cancer Council Australia, at least 60 per cent of adults and 30 per cent of children are now overweight or obese.

Research reported in the journal *Obesity* compared a low-fat vegan diet with a general low-fat diet and found that “a vegan diet was associated with significantly greater weight loss than the (low-fat) diet at 1 and 2 years”. The Medical Journal of Australia states that “a higher intake of protein, particularly animal protein, in infants and early childhood may increase the risk of overweight and obesity in later life”. Many vegan foods are naturally low in fat, so quantity and kilojoule restrictions are unnecessary. My colleague Dr Dean Ornish calls it the “eat more, weigh less” diet (and he even wrote a wonderful book with that title).

It’s no surprise that population studies show that meat-eaters have three times the obesity rate of vegetarians and nine times the obesity rate of vegans. It’s possible to be an overweight or obese vegan, of course, just as it’s possible to be a thin meat-eater, but adult vegans are, on average, 5 to 10 kilos lighter than adult meat-eaters.

A vegan diet – particularly one that is low in fat – will substantially reduce disease risks.

A vegan diet won’t just help you slim down, it will also help you fight an array of ailments, including heart disease, cancer, diabetes, arthritis and many degenerative diseases. Dr T Colin Campbell of Cornell University, arguably the foremost epidemiologist in the world, states, “Quite simply, the more you substitute plant foods for animal foods, the healthier you are likely to be. I now consider veganism to be the ideal diet. A vegan diet – particularly one that is low in fat – will substantially reduce disease risks.

Adopting a vegan diet won’t just help you slim down, it will also help you fight an array of ailments, including heart disease, cancer, diabetes, arthritis and many degenerative diseases. Dr T Colin Campbell of Cornell University, arguably risks. Plus, we’ve seen no disadvantages from veganism. In every respect, vegans appear to enjoy equal or better health in comparison to both vegetarians and non-vegetarians”. I couldn’t have said it better myself.
Meet Your Meat

More than 600 million animals (not including marine animals) in Australia alone languish in horrific conditions and are slaughtered by the meat industry each year – in ways that would horrify any compassionate person and that would be illegal if cats or dogs were the victims.

What Happens to Chickens?

More chickens are raised and killed for food than every other farmed land animal combined, yet there is not one enforceable law in place to protect chickens from abuse.

Each year, more than 550 million chickens in Australia and 80 million chickens in New Zealand are raised and killed for their flesh. These sentient birds spend their entire lives in filthy, faeces-laden sheds with tens of thousands of other birds. They are bred to grow so large so fast that many become horribly crippled under their own weight and often suffer from organ failure and respiratory disease. Industry standards allow each chicken only the space equivalent to an A4 piece of paper on which to live – a space so small that they are driven to peck out each other’s feathers in frustration.

A report commissioned by the Australian government stated that all the chickens examined contained some bacterial contamination, ranging from low to “gross”, largely because of the filthy conditions in the sheds in which they are raised. After six weeks in these horrible conditions, the birds are thrown into crates that are stacked on the back of a truck – often breaking bones as a result of this rough handling. They are then trucked through all weather extremes to the slaughterhouse.

At slaughter, workers violently grab the chickens out of the trucks, hang them upside down and shackle them by their legs. The birds are then dragged through an electrified water bath that is meant to stun them. However, workers report that some birds hold their heads in such a way as to escape the electrified water. These birds are fully conscious when their throats are slit. Next, their beaten bodies are dragged through tanks of scalding-hot water to remove their feathers. Birds who managed to elude the stun bath and survive the brutal water bath are then screaming, terrified, and conscious when their legs are clipped and feet become deformed from atrophy, wings and legs atrophy from disuse, and their legs and feet become deformed from standing on slanted cage bottoms. Most are featherless, either from ill health or from rubbing on the cages. The tips of the hens’ sensitive beaks are cut off with a hot blade when they are just days old in order to discourage the birds from pecking each other in frustration. After about two years of confinement, the hens are violently pulled from their cages and sent to slaughter. In undercover video footage taken at a hen farm in the Australian Capital Territory, a worker states that each time he touches a bird, he feels a bone break. The birds’ bodies are left so battered and emaciated that they can only be used for soup or food for dogs and cats.

“Don’t animals have to be treated well in order for them to ‘produce’?”

Clearly not! Factory-farmed animals are stressed and diseased, but the meat industry works on the assumption that the money saved by keeping these animals in crowded and filthy conditions outweighs the financial costs incurred when some of them die. Explaining why the egg industry crowds birds so tightly into cages, causing many to die and all to suffer miserably for their entire lives, distinguished professor Dr Bernard Rollin says that “chickens are cheap, cages are expensive.”

“Farmed animals today are sick – these are sick and diseased chickens, pigs, fish and cows, producing diseased and bacteria-laden flesh and pus-filled milk that even industry standards call ‘unhealthful’.”

– Michael Greger, MD

Most small farms have been replaced by massive, corporate-run “factory farms”, where chickens, pigs, turkeys and cows are treated like machines instead of living, feeling individuals. These days, virtually all the meat, eggs and dairy products purchased in supermarkets and restaurants come from animals raised on such farms. The giant corporations that profit from factory farming spend millions on advertising, trying to obscure reality with images of animals living peacefully on an idyllic farm. Unfortunately, this pretty picture couldn’t be further from the truth.

Egg farmers slice off the ends of hens’ beaks when the birds are just hatched.

Ammonia levels on chicken farms are so high that the corrosive substance burns the birds’ lungs and skin.

Chickens are genetically manipulated and doused with antibiotics to make them grow so large so quickly that they become crippled under their own weight.

Hens are crammed by the tens of thousands into filthy sheds, with five to 11 hens per cage – the cages are so small that the birds can’t spread even one wing.

Turkeys and chickens have their wings and legs broken when they are shoved into transport trucks, and they are shipped through all weather extremes with no food or water.

“Amazing Animals: Chickens”

Research has shown that chickens are as smart as dogs, cats and even some primates. They can understand cause and effect and can learn to self-medicate. The late Dr Chris Evans, who was an animal behaviourist at Macquarie University, recounted, “As a trick at conferences, I sometimes list these attributes, without mentioning chickens, and people think I’m talking about monkeys”. In a natural setting, a mother hen begins to teach her chicks various calls before they even hatch – she clucks softly to them while sitting on the eggs, and they chirp back to her and to each other from inside their shells. Chickens on factory farms are hatched in massive incubation machines and never meet their mothers.

Eating for life
What Happens to Pigs?

Pigs on factory farms are castrated and have chunks of flesh cut from their ears, bits of their teeth cut off with wire cutters and their tails chopped off – squalling in pain all the while because these “routine” procedures are often done without any painkillers. “Breeding” sows on factory farms are artificially impregnated several times a year during their short lives and confined to stalls or farrowing crates that are barely any larger than their own bodies; they can literally go insane from being unable to turn around. Farrowing crates have been banned in several countries, and the RSPCA has stated its objection to both sow stalls and farrowing crates on cruelty grounds.

The noise in these sheds is so intolerable that workers wear earplugs. The accumulation of filth, feces and urine in the sheds causes many pigs to suffer from diseases such as pneumonia. The sheer number of animals killed makes it impossible for them to be given humane, painless deaths. Because of improper stunning, many pigs drown and experience the terror and pain of the full consciousness within one minute of being stunned. Animals who are too sick to be sold are thrown into a pile, the living and the dead together.

Sheep make up a huge portion of Australia’s and New Zealand’s domestic and export meat trade. Every time they are transported thousands of kilometres in cramped conditions to saleyards. Once there, the sheep are roughly driven or dragged from the trucks. It is not uncommon to see sheep being made to walk with badly broken limbs or open wounds. Animals who are too sick to be sold are thrown into a pile, the living and the dead together.

Sheep and lambs are driven into killing stalls, surrounded by the stench of blood and the cries of their frightened companions, to be electrocuted and have their throats cut. Many animals who are electrically stunned will regain full consciousness within one minute and experience the terror and pain of the butcher’s knife.

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Every time they give birth, the majority of pregnant sows are forced for an entire month into farrowing crates so small that they can’t even turn around.

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A few years ago, a friend and I visited a pig farm. It was early on a spring morning. The birds were just waking and beginning to sing. We crossed a freshly ploughed field between budding fruit trees to reach the farm. The farm was a large breeding unit, where hundreds of sows are kept in concrete pens, churning out litter after litter of piglets. From the main sheds festooned with cobwebs and stinking of waste to the farrowing units, where sows were lined up in row after row of metal cages, it was a filthy, decrepit and squalid sight, the kind of sight that makes you ashamed of what humans are capable of.

In every shed, we came across dead and dying piglets, some just tossed into piles in the corner like broken toys. In sad contrast was the bright enthusiasm of the surviving piglets: they rushed up to the gates of their pens, bundles of energy, eager to investigate us with all the curiosity of puppies. Inquisitive and bright-eyed, these piglets would be removed from their mothers at the ripe old age of 3 weeks and sent off to be fattened up before being slaughtered for meat.

As for their mothers, within days of losing their babies, they would be re-impregnated and forced back into metal cages, where the cycle would begin again. In these cages, the pregnant females are denied even the room to turn around or take more than a step in any direction. We crossed a muddy corridor and opened a sliding door which led to another damp, cold shed, the pens “home”. In nature, pigs forage and root, finding a rich buffet of everything from fallen fruit to truffles. Here, a wheelerbrow at the entrance contained the dry pelleted food that was all these pigs would ever eat. We walked down the corridor to find a sequence of barren pens, each about three metres square. In the first few were small groups of young pigs lying on the cold, bare concrete, without even a scrap of straw bedding. In the third pen was a lone sow. She was lying at the back, facing away from us in a darkened area, and we could just barely make out some strange blue lines on her skin.

Because pigs are bred to put on weight, they are huge, unnaturally heavy animals. They are slaughtered for their meat just before they fully mature, so they don’t normally have to carry that much weight for very long. Breeding sows, however, live for several years. Most spend their entire lives on hard concrete or metal floors, and the result is chronic lameness. This old sow had to ease herself up painfully, unsteadily, one foot at a time. When she finally got up, she crossed the couple of metres between us slowly, limping with every step. As she got close, the marks on her back suddenly made sense: in blue spray-paint across her old body, someone had scrawled the word “CULL”. After years of being treated like a machine, churning out litter after litter of piglets for market, never seeing the sunlight or feeling the earth beneath her feet, she had finally stopped being “productive”, and so she was off to the slaughterhouse. She would be processed into cheap meat pies, the very last penny of everything from fallen fruit to truffles. Here, a wheelbarrow at the entrance contained the dry pelleted food that was all these pigs would ever eat. We walked down the corridor to find a sequence of barren pens, each about three metres square. In the first few were small groups of young pigs lying on the cold, bare concrete, without even a scrap of straw bedding. In the third pen was a lone sow. She was lying at the back, facing away from us in a darkened area, and we could just barely make out some strange blue lines on her skin. Hearing our footsteps, she turned to look at us and slowly rose to her feet.

The True Story of One Anonymous Pig Born Into the Meat Industry

by Alistair Currie

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**What Happens to ‘Dairy Cows’?**

The corporate-owned dairy factories that have replaced most small farms treat cows like milk machines. Cows produce milk for the same reason that humans do: to nourish their babies. They also carry their babies for nine months – just like we do. In order to produce milk, cows must first be made pregnant. This is usually done via artificial insemination. Many calves are deliberately aborted or are traumatically taken away from their mothers just hours after birth – causing the mother cows to bellow in distress for days.

Female calves are added back into the dairy herd or are slaughtered for the rennet in their stomachs (rennet is an enzyme that is used to make cheese – it is described as “rennet” or “enzyme” on food labels). Male and many female calves are packed into trucks and transported to slaughter. The infant life span of a cow is about 20 years. In Australia, cows on dairy farms are killed, on average, at age 7. In New Zealand, they are killed at age 6. When their milk production wanes, the cows are slaughtered and ground up to make burgers.

The Link Between Dairy Products and Veal

Every year, approximately 1 million unwanted calves (known as “bobby calves”) – including almost all the males and about 75 per cent of the females – are separated from their mothers immediately after birth and condemned to slaughter. Most are killed when they are just 3 days old. Those destined for veal farms are killed when they are only 14 weeks old. They spend their short lives in the limited confines of a shed, the only “home” they’ll ever know.

What Happens to ‘Beef Cattle’?

Many Australian and New Zealand ‘beef cattle’ spend most of their lives on extremely crowded feedlots. Large corporations are taking over ‘beef cattle’ when they are successful – just like humans. Cows also interact in socially complex ways. A herd of cows is very much like a pack of wolves, with alpha animals and intricate social dynamics, including friendships that develop over time.

Amazing Animals: Cows

Scientists in the United Kingdom discovered that cows enjoy solving problems and even experience “Eureka!” moments (in which their heart rate speeds up, their adrenaline flows and they jump) when they are successful – just like humans. Cows also interact in socially complex ways. A herd of cows is very much like a pack of wolves, with alpha animals and intricate social dynamics, including friendships that develop over time.

Now that commercial fishing has basically emptied the oceans of “target” fish, the seafood industry has turned to raising fish in contained fish farms, a practice known as “aquaculture.” The fish are packed so tightly together that they constantly bump into each other and the walls of the enclosure, causing painful sores and damage to their fins. The enormous amount of feces in the enclosures leads to rampant outbreaks of parasites and disease. In order to keep the fish alive in such unhealthy conditions, large quantities of antibiotics and other chemicals are poured into the water. When the fish are fully grown, they are killed by having their stomachs cut open, or they die of suffocation when the water in their tank is simply drained away.

What Happens to Fish?

Like other animals, fish feel pain and experience fear. Dr Donald Broom, animal welfare advisor to the British government, says, “Anatomically, physiologically and biologically, the pain system in fish is virtually the same as in birds and mammals.” When they are dragged from the ocean depths, fish undergo excruciating decompression – the rapid pressure change often ruptures their swim bladders, pops out their eyes and pushes their stomachs through their mouths. Then they’re tossed onboard ships, where many slowly suffocate or are crushed to death. Others are still alive when their throats and bellies are cut open.

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Making the Transition

There’s no mystery to creating deliciously satisfying vegan and vegetarian meals. Tasty alternatives to the animal-derived ingredients that you may be cooking with are easier to find than ever – many are as close as your local supermarket.

Plant protein and low in saturated fat, and they contain zero cholesterol. Some of the “meatiest” choices can be found at major supermarkets: look for the Sanitarium and Fry’s brands of vegetarian BBQ sausages, tender fillets, kebabs and burger patties. Asian grocers often have a wonderful range of mock-meat products in the freezer section. See the list of suggestions at the end of this kit.

Purchase a vegan cookbook or borrow one from the library. There are cookbooks for people who don’t like to spend more than 10 minutes preparing dinner, and there are cookbooks for gourmet chefs. CruellyFreeShop.com.au and VeganPerfection.com.au offer a range of vegan cookbooks. Or search the internet for vegan cooking tips, blogs and thousands of recipes.

Always eating on the run? Check out the increasing variety of vegan microwavable meals, pasta toppings and soups, easily available from most supermarkets in the refrigerated and frozen sections. Look for delicious vegan Funky Pies at your favourite stockist, or order them online. Or grab some vegan sandwich slices (such as Cheatin’ Chicken Style Slices) or soy cheese (try Cheezly Vegan sandwich slices online). Or grab some.

Explore the many vegetarian foods that have been popular in other countries for years, such as hummus, vegetable curries and falafel with tabouli salad and your choice of sauce. Enjoy Mexican-style beans-and-rice dishes, Japanese vegetarian sushi with avocado and cucumber and Thai and Indian curries.

Try the ever-growing line-up of mock-meat products, including veggie burgers, veggie pies, “hot dogs”, “sausages”, “chicken” patties and faux-meat sandwich slices and rolls. Not only are mock meats delicious, they’re also high in healthy fats and protein. Some of these meats are engineered to be as close as possible to real meats. Some are soy-based, while others are made from rice, wheat, pea or potato.

Try the ever-growing line-up of mock-meat products.

Fruits and nuts: © Tatyana Vychegzhanina/Dreamstime.com

Try These Easy Substitutes!

<table>
<thead>
<tr>
<th>Then</th>
<th>Now</th>
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<tbody>
<tr>
<td>Meat</td>
<td>Redwood, Fry’s, Cardein, Australian Estwell and Zoglos offer everything from vegetarian schnitzel to sausages. The varieties are extensive and easy to find. Many Buddhist and other vegetarian restaurants serve scrumptiously prepared faux-meat dishes. Asian supermarkets often have a range of excellent frozen faux meats.</td>
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<tr>
<td>Milk</td>
<td>Try the many vegan options – including soy, rice, almond and oat milk – available in supermarkets. Use them in any way that you’d use cows’ milk.</td>
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<tr>
<td>Butter</td>
<td>Many margarines, such as Nuttelex, are vegan. Try olive or flaxseed oil on sandwiches instead of butter.</td>
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<tr>
<td>Ice Cream</td>
<td>The So Coöd brand offers a range of many rich and creamy choices – from luscious chocolate to delicate mango and coconut flavours. Other options include Tofutti’s dairy-free desserts, Weis’ lemon and Italian red orange sorbets and Cocolicious’ delicious coconut milk ice cream.</td>
</tr>
<tr>
<td>Cheese</td>
<td>Try Daiya’s “cheddar” shreds, Biocheese vegan cheeses, Kingland soy cheese, Tofutti “cream cheese” and Cheezly non-dairy mozzarella. To spore up pasta dishes, sprinkle on some Parmazano.</td>
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<tr>
<td>Cream</td>
<td>DelSoy and Blue Lotus Foods offer delicious dairy-free sour cream options, or try Tofutti Sour Supreme. For dessert “cream”, try Soytool spray whipping cream, also available in a Tetra Pak.</td>
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<tr>
<td>Eggs</td>
<td>Look for egg replacers, such as Orgain’s No Egg, in the health-food section of your local supermarket. Bananas and applesauce can also be used in place of eggs in baked goods. For breakfast, try scrambling some firm tofu with spices as an alternative to scrambled eggs.</td>
</tr>
<tr>
<td>Snacks</td>
<td>Check the ingredient lists of snacks like chips and biscuits – you’ll be surprised at how many are vegan. Almond’s is a wide variety of vegan crackers and biscuits, including Crustless and Choc Ripple. Leda’s brand, which is available at many supermarkets, makes vegan chocolate biscuits similar to Tim Tam and Mint Slices. Other biscuits are available from online vegan stores. Be sure to browse through the health-food section of your local supermarket; you’ll usually find a variety of dairy-free and egg-free chocolates, cookies and other snacks.</td>
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Q & A “Where can I get vegan foods in my town?” It’s easier than you think! If you live close to a large town, city or rural centre, you can find veggie burgers and other mock meats as well as soy milk, soy cheese and egg replacer in supermarkets like Coles, Woolworths, Countdown (New Zealand), New World (New Zealand) and IGA as well as health-food shops. If you don’t see a certain product at your local shop, just ask – managers want suggestions from their customers. Of course, a large percentage of the foods that you already eat are vegan, including many biscuits, chips, breads, pastries, cereals, soups and confectionery, along with staples like pasta, oats, beans, nuts, vegetables, rice and peanut butter. Even if you live in a small community, you will still be able to find a health-food shop which stocks vegan products, from fresh to frozen foods.

Eating for life

FIND OUT MORE ABOUT HEALTHY VEGAN EATING AT PETA.ORG.AU.
Eating vegan is easy once you know how. Here are recipes, tips and ideas to get you started.

**Breakfast**

Eating breakfast out? Try a bowl of oatmeal, hash browns, a fruit salad or a bagel or toast with jam. Take along your own dairy-free margarine or a cream cheese substitute. For breakfast at home, try these ideas:

- Fry up some sliced boiled potatoes and onions for homemade hash browns. Serve them with soy bacon or sausage.
- Search the internet for vegan French toast, Spanish omelettes and even crêpes.
- Try a toasted bagel with Tofutti’s Better Than Cream Cheese.
- You can find vegan cereal anywhere – just serve it with soy or rice milk.
- Check packages of pancake and waffle mixes – many are vegan – and just add soy milk and/or egg replacer.
- Some Kellogg’s Pop-Tarts (without icing) are vegan.

**Blueberry Pancakes**

150 g whole-wheat flour
170 g unbleached all-purpose flour
3 Tbsp sugar
3 Tbsp baking powder
1 tsp sea salt
500 ml soy milk
3 Tbsp vegetable oil
100 g fresh or frozen blueberries

- Combine the dry ingredients in a bowl and sift together. Add the soy milk and oil and mix until smooth. Fold in the blueberries.
- Ladle onto a hot, oiled skillet. Cook for 2 to 3 minutes on each side, until lightly browned.

Makes 4 to 6 servings

**Tofu Scramble**

1 Tbsp vegetable oil
50 g green pepper, chopped
50 g onion, chopped
50 g fresh mushrooms, sliced
6 cloves garlic, minced
1 pkg firm tofu, drained and crumbled
¼ tsp turmeric
Salt and pepper, to taste

- Heat the oil in a large non-stick skillet over medium-high heat. Add the green pepper, onion, mushrooms and garlic and cook until softened. Add the tofu, turmeric, salt and pepper and cook for 10 minutes, stirring occasionally.

Makes 4 servings

**Lunch or Dinner**

Dining out for lunch or dinner is a breeze. Most restaurants serve at least one vegetarian meal, and many will adapt an existing dish for you. Look for rice, pasta and noodle dishes with vegetables or a meat-free tomato sauce; Thai and Indian curries; bean burritos; falafel; and pizza with lots of roasted vegetable toppings but no cheese. If you’re attending a catered event, ask your hosts in advance if the chefs can prepare a vegan option. If you’re travelling through rural towns, you can usually find a Chinese or Thai restaurant where you can get a delicious stir-fry for dinner – just ask them to hold the fish sauce.

**Shepherd’s Pie**

4 medium potatoes, diced
2 Tbsp vegan margarine (try Nuttelex)
150 ml soy milk
Salt and pepper, to taste
450 g ground beef substitute (try Sanitarium Vegie Mince)
300 ml mushroom gravy (try Orgran Natural Vegan Gravy Mix)
1 small tin mixed peas and carrots, drained
Garlic powder and cayenne pepper, to taste

- Preheat the oven to 180ºC.
- Boil the potatoes for 15 minutes, or until tender. Drain and mash with the vegan margarine and soy milk. Season with salt and pepper.
- In a medium bowl, mix together the ground beef substitute, gravy, peas, carrots and spices. Pour the mixture into a large baking dish. Top with the potatoes, spreading them to the edges of the tin.
- Bake for 30 minutes, or until the potatoes are browned.

Makes 4 servings

**Wild-Mushroom Stroganoff**

1 Tbsp extra-virgin olive oil
1 medium onion, diced
100 g quartered baby portobello mushrooms
100 g quartered shiitake mushrooms
100 g quartered button mushrooms
1 Tbsp whole-wheat flour
400 ml mushroom gravy (try Orgran Natural Vegan Gravy Mix)
250 ml vegetable stock (try Massel brand)
150 g soy sour cream (try Tofutti brand)
1 Tbsp ground mustard

- Heat the oil in a large pan over medium heat. Add the onion and mushrooms and cook until soft. Sprinkle in the flour and stir until the vegetables are coated. Add the gravy and the vegetable stock and simmer for 20 minutes.
- Add the sour cream and mustard and heat through.
- Serve over rice or pasta.

Makes 4 servings

**Recipes for Life**

FIND OUT MORE ABOUT HEALTHY VEGAN EATING AT PETA.ORG.AU.
Curried Chickpeas and Dahl

2 Tbsp vegetable oil
1 medium onion, finely chopped
1 red capsicum, minced
1 green capsicum, minced
2 large celery stalks, chopped
1 Tbsp minced garlic
1 tsp ginger
220 g water
1 450-g can whole peeled tomatoes, with liquid
1 450-g can chickpeas (garbanzo beans), drained
1½ cups uncooked red lentils
1½ tsp dried coriander or 2 Tbsp fresh minced coriander
1½ tsp curry powder

*In a large pot, heat the oil over medium heat. Add the onion, garlic, ginger, lentils and tomatoes and sauté for 5 minutes.*

**Hearty ‘Beef’ Cassoulet**

3 Tbsp olive oil
6 cloves garlic, minced
1 large onion, cubed
1 Tbsp dried thyme
3 bay leaves
½ tsp paprika
1 tsp dried rosemary
100 ml red wine
2 large carrots, peeled and sliced
2 stalks celery, chopped
1 large potato, cubed
2 Tbsp molasses
2 Tbsp Dijon mustard
1 420-g can kidney beans, drained
1 420-g can navy beans, drained
Sea salt and black pepper, to taste

*In a large pot, heat the olive oil over medium-high heat. Add the garlic, onions, thyme, bay leaves, paprika and rosemary and sauté for 2 minutes.*

Sweet-and-Sour Meatballs

500 g ground beef substitute (try Sanitarium Veggie Mince)
1⁄2 teaspoon green capsicum, finely chopped
1 small onion, finely chopped
2 cloves garlic, minced
2 slices white bread, crumbled

*In a large bowl, mix together all the ingredients except the oil, chilli sauce and jelly until thoroughly combined. Form into small balls.*

Vegan Pâté en Croûte

1 onion, minced
2 Tbsp vegan margarine
1 1200 g minced mushrooms
4 cloves garlic, minced
2 Tbsp fresh parsley, minced
2 Tbsp fresh rosemary, minced
2 Tbsp lemon juice
250 g dried bread crumbs
1 pkg frozen puff pastry sheets

*In a large pot, sauté the onion in the margarine over medium heat for a few minutes.*

Lasagne

1 pkg lasagne noodles
500 g soft tofu
500 g firm tofu
1 Tbsp sugar
100 ml soy milk
½ tsp garlic powder
2 Tbsp lemon juice
3 tsp minced fresh basil
2 tsp salt
150 g frozen peas
150 g canned artichokes, chopped
750 g tomato sauce

*Add the remaining ingredients, stir everything together, then crimp with a fork to seal. Make three slits in top, place on an ungreased cookie sheet and put into the refrigerator.*

Creamy Potato Salad

6 medium potatoes, cut into cubes
150 ml eggless mayonnaise
3 Tbsp yellow mustard
2 Tbsp distilled white vinegar
1⁄2 onion, chopped
2 stalks celery, chopped
Salt and pepper, to taste

*Cook the potatoes in boiling water for 20 minutes. Drain and let cool completely.*

**Lentils**

Makes 6 to 8 servings

**Sweet-and-Sour Meatballs**

Makes approximately 20 balls

**Lasagne**

Makes 6 to 8 servings

**Creamy Potato Salad**

Makes 4 to 6 servings
Dessert
Baking is easy with vegan egg replacer (available in supermarkets and health-food stores). Use soy or rice milk in place of cows’ milk in your favourite cakes and desserts.

Strawberry-Mango Crisp

For the Fruit Mixture:
250 g quartered strawberries
250 g diced mango
128 g brown sugar
4 Tbsp vegan margarine

For the Topping:
128 g flour
½ cup rolled oats
200 g brown sugar
4 Tbsp vegan margarine

Preheat the oven to 180°C.
Mix the ingredients for the fruit mixture together in a large bowl. Spread evenly over the fruit mixture. Bake for 30 minutes. Cool thoroughly before serving.

Makes 6 to 8 servings

Chocolate Mousse

500 g firm silken tofu
175 g dark chocolate chips, melted

In a blender, purée the tofu until smooth. Add the melted chocolate and blend thoroughly. Pour into dessert bowls and chill for 2 hours.

Makes 6 servings

Sandwiches
Sandwich fillings can be just about anything that you have on hand:
- Stuff a baguette with lettuce, tomato and non-dairy cheese slices
- Fill a pita with faux tuna or chicken salad. Try some of the mock meat sandwich fillings from Cheatin’ or Sanitarium, and mix with vegan mayonnaise and fresh salad mix or celery.
- Make a grilled “cheese” sandwich with soy cheese. Add tomatoes, pesto or olives for an added kick.
- Dress up a bagel with avocado and fresh salad mix.
- Make an easy pasta salad by mixing cooked spiral pasta with chopped broccoli, carrots, green pepper, corn, red onion and your favourite vinaigrette.

Quick-and-Easy Snacks

- Microwave tortillas and fill them with canned refried beans, salsa, guacamole and corn for easy burritos.
- Zap a veggie burger in the microwave and put it on a bun with your favourite condiments and toppings.
- Heat sliced veggie hot dogs and canned vegetarian-style baked beans in the microwave for fast “franks” and beans.
- Make an easy pasta salad by mixing cooked spiral pasta with chopped broccoli, carrots, green pepper, corn, red onion and your favourite vinaigrette.

Appetisers
Appetisers can be as simple as chips and dip or as elegant as a vegan pâté. Here are some ideas for quick-and-easy hors d’œuvres:
- A platter with dolmades, stuffed olives, antipasto and crunchy sliced carrots and cucumber can be combined with vegan dips like pesto or sun-dried tomato tapenade.
- Whip up a seven-layer Mexican dip using refried beans, black olives, salsa, shredded soy cheese, soy sour cream, sliced spring onions and jalapeños.

Pizza Toppings
Pizza toppings are limited only by your imagination. Here are some quick ideas:
- Chop up whatever veggies are on hand and drizzle some olive oil over them.
- Try new ideas for toppings, like sun-dried tomatoes, beans, spinach or even corn.
- Add different sauces, like pesto or red-pepper and garlic puree.
- Get creative with mock meats – top your pizza with tempeh or veggie versions of bacon, ham or chicken.
- Try sprinkling with nutritional yeast flakes or soy Parmesan for a traditional cheesy taste.
- For a Mexican pizza flavour, try refried beans, tomatoes, soy cheese and salsa. Try these brands of vegan cheeses: Biocheese, Cheezly, Kingland or Sheese.
- For a ricotta-like topping, try crumbling tofu and mixing it with lemon juice, basil, garlic powder and salt.
- Top a cooked pizza crust with hummus, olive oil and chopped fresh cucumbers, tomatoes, red onions, black olives and pickled peppers.
- Make a sweet pizza by brushing melted margarine over pizza dough and sprinkling with sugar and cinnamon. Add chopped walnuts, if desired.
Restaurant options for vegan and vegetarian diners keep getting better and better. Whether you’re a fast-food fan or a gourmet connoisseur, HappyCow.net and VegDining.com will help steer you to great choices. Also be sure to check out the Australian and New Zealand sites listed on the next page. Here are a few more tips:

Most pizza restaurants serve at least one veggie option – just ask them to hold the cheese. Try vegetarian subs at Subway and look out for Grill’d, Urban Burger, BurgerFuel or Lord of the Fries takeaways – all have vegan burger options. Most towns have a Chinese, Thai or Indian restaurant or falafel stand which can easily cater to hungry vegetarians. Surf the websites on the next page to find vegetarian-friendly restaurants in your destination town or city before your next trip.

Fire Up the BBQ
Don’t miss out on that great social event, the backyard barbecue, just because you’re not eating meat. There are lots of great vegan burgers, “chicken” patties and other mock meats that really do taste fantastic straight from the backyard barbe. Cut firm tofu into strips or slabs, marinate in soy sauce, garlic, ginger and whatever else grabs your fancy, then simply barbecue as you would meat. To get tofu extra “meaty”, drain and freeze it, then thaw it out and wring out any excess water. Top veggie burgers with tomato or sweet chilli sauce, soy cheese, fresh salad and beetroot slices. Create vegetable kebabs with marinated tofu, soy chicken or braised “beef”, baste with Italian dressing or a teriyaki marinade, soy chicken or braised “beef”, baste with Italian dressing or a teriyaki marinade, then grill until the vegetables are slightly blackened, and – voilà! – you have a delicious treat that will be the envy of your carnivorous friends.

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Vegetable falafel rolls are easy to find, and Japanese nori rolls usually come with a variety of vegetarian fillings. Or create your own sandwich at a local café by choosing from the vegan toppings.
We are not “nuggets”. We are not “drumsticks”. We have feelings like yours. We are living beings like you.

PETA Respect animals. Don’t eat them. Go vegan.