

Why Isn't Everybody Vegan?

(because they totally should be)

Introduction

Hi!

Why isn't everybody vegan?

Reason 1: "I couldn't give up meat, I like it too much."

(for lacto-ovo vegetarians, there is "The Cheese Corollary")

- Meat analogs are the perfect transitional food
- Cheese stops becoming an issue once you kick the addiction.
- It's a great time to be a vegan. There's a vegan substitute for just about anything you can imagine.

image via joemande.com



Why isn't everybody vegan?

Reason 2: "I could see maybe being vegetarian, but being vegan is so extreme."

Torture and death are extreme.

Meat, fur, and animal testing involve both.

Veganism opts out of exploitation, torture, and death.

Therefore, veganism is not extreme.

Veganism Is Not Extreme:

<http://vegblog.org/archive/2006/12/04/veganism-is-not-extreme/>

Why isn't everybody vegan?

Reason 3: It's so much work to make sure you're eating healthy.

- You won't wither away from lack of protein.
- Eat a variety of whole foods and limit processed foods,
- pay attention to Omega-3s and B12,
- have *Becoming Vegan* on hand as a reference...

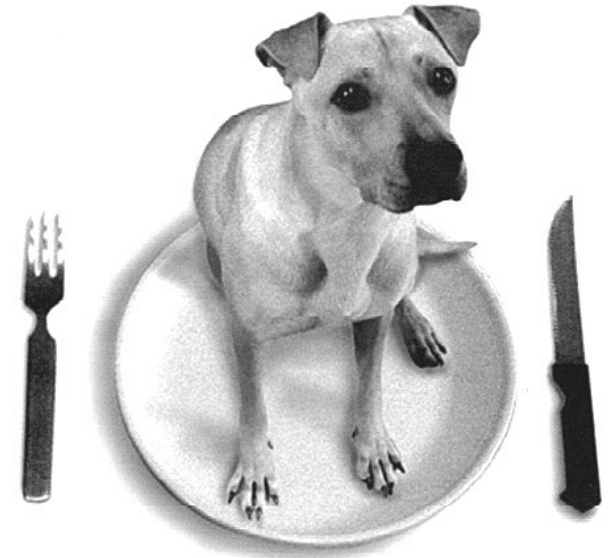
... and you'll be pretty well covered.

Taking time to learn about healthy eating isn't limited to vegans.

Why isn't everybody vegan?

Reason 4: "I don't want to limit my options about what to eat."

- Do you eat cats? Dogs? Other people?
- It's not about deprivation: it's about living by an ethical code that respects sentient beings.
- Even though it's a subset of the omnivorous diet, you'll find yourself eating a much wider variety of foods.



WHY NOT ?

You eat other animals ,
don't you ?

Why isn't everybody vegan?

Reason 5: "I hate tofu."

Hating tofu is like hating air or hating Switzerland: it just doesn't make sense.

You've probably just hated how it was prepared.



Tofu the Vegan Zombie

Why isn't everybody vegan?

Reason 7: I eat free range/grass-fed/organic.

- These terms, in practice, mean very little.
- "Free-range" can still be trapped in a barn almost all day.
- "Cage free" just means they're not in cages.
- "Grass fed" and "organic" refer to feed and don't make any promises about welfare.
- All the animals are still exploited and killed. Period.



picture courtesy of Tribe of Heart; try their "free range test" at <http://www.tribeofheart.org/tohtml/truthiness.htm>

Why isn't everybody vegan?

Reason 8: Plants feel pain.



The proper response:

"Are you serious?"

- Comes from an old 1970s study that was debunked.
- Plants have no central nervous system and can't feel pain like we do.
- Besides, far more plants are killed in meat production than for direct consumption.

for even more on this, see <http://www.veganoutreach.org/starterpack/qa.html#plantsfeeltoo>. and <http://tabish.freeshell.org/animals/plantpain.html>

Why isn't everybody vegan?

Reason 9: "My family would flip/it'll be socially awkward."

- It all depends on your family. You'll have to be willing to cook/shop for yourself and take responsibility.
- It does take a little while to get used to asking about ingredients in restaurants or navigating potlucks, but eventually it becomes second nature.

Why isn't everybody vegan?

Resources

Veg Blog (my site)

<http://www.vegblog.org/>

Veg Blog: Resources

<http://www.vegblog.org/resources/>

Vegetarian Starter Kit

<http://www.veganoutreach.org/whyvegan/>

Clothing and stuff

<http://www.herbivoreclothing.com/>

Cookbooks: anything by Dreena Burton,
Isa Chandra Moskowitz, Nava Atlas,
Robin Robertson, Sarah Kramer, etc.

A few favorite blogs:

Vegan Freak Radio (podcast)

<http://www.veganfreakradio.com/>

An Animal-Friendly Life

<http://www.ananimalfriendlylife.com/>

Animal Writings

<http://www.animalwritings.net/>

Invisible Voices

<http://invisiblevoices.wordpress.com/>