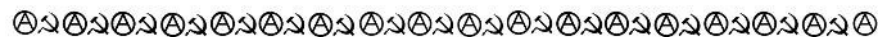


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WHY VEGANISM?



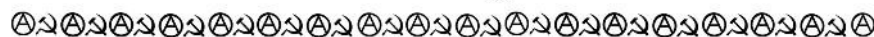
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CREATING COMMUNITY THROUGH:

OUTREACH, DIRECT ACTION, & MUTUAL AID

WWW.AMNCollective.Tumblr.COM

Kansas City, MO



AN
INTRODUCTION

What is veganism?

Veganism is a commitment to an ethical lifestyle. Vegans don't eat anything that comes from an animal; this includes Flesh (Meat), Fluids (Dairy), Eggs, or any other part of an animal or anything produced by an animal (Honey, Hair, Bones). Vegans also don't buy items made with any materials that come from an animal (Leather, Silk) or pay for anything that involves the enslavement of animals (Zoo, Circus). Vegans adopt and rewild animals rather than purchase, breed, and domesticate animals.

Veganism is about a lot more than what vegans don't do. Veganism is based on a biocentric worldview, which means we believe in doing what is best for all life this includes human and nonhuman animals, plants, the earth, and everything else in between.

Animal Rights

Vegans are against eating meat because an animal is killed for it. But the meat industry does much more than kill animals. They also torture them and violate them sexually. Animals in the meat industry are chained, they are hit, they are caged, they are separated from their families. This is standard procedure.

It's about more than just the meat industry though, vegans don't consume anything that comes from an animal. There are two main reasons for this.

More immediately is the knowledge that just like the meat industry, the dairy and egg industries also engage in torture, restriction of movement, void of consent, and yes even murder. Male baby chicks who cannot lay eggs are thrown into grinders alive or are suffocated to death in trash bags. Mother cows are impregnated, have their babies stolen, and then have their milk stolen.

Here is a list of some common sources for basic nutrition that nonvegans are often worried about.

B-12/CYANOCOBALAMIN (destroyed by heat) – barley, beans, chlorella, dulse, grains (all), grapes (concord), kelp, mustard greens, nori, nuts, plums, prunes, sauerkraut (unpasteurized), seeds (all), soy, spirulina, sprouts (all), wheatgerm and wheatgrass and EAT LOTS OF UNWASHED (i.e., some soil intact) ORGANIC FRUITS AND VEGETABLES.

You can also add Red Star nutritional yeast to your meals.

CALCIUM – açai, alfalfa sprouts, almonds (234 milligrams per 100 gram serving), apricots, avocados, beans, brazil nuts, broccoli, cabbage, carob, carrots, cauliflower, celery, chickpeas (150 milligrams per 100 gram serving), chlorella, coconut, cornmeal, dandelion greens, dulse, figs, filberts, grains (all), green vegetables (leafy), hazelnuts, hemp (milk/oil/powder/seeds), hijiki sea vegetable (1,400 milligrams per 100 gram serving), kelp, lemon, lentils, lettuce, lucuma powder, maca powder, mango, mesquite powder, millet, miso, nuts, oats, onions, oranges, parsley (203 milligrams per 100 gram serving), prunes, raisins, seaweed, sesame seeds (1,160 milligrams per 100 gram serving), soy (226 milligrams per 100 gram serving), spirulina, sprouts (all), sunflower seeds, watercress, wheatgrass, and yams

FIBER – cacao/chocolate, chlorella, fruits (all), lucuma powder, lychee, maca powder, mesquite powder and vegetables (all) (Genuine cacao/chocolate is naturally vegan. It's a bean.)

IRON (consuming foods rich in VITAMIN C while consuming the following foods will INCREASE iron absorption) – açai, alfalfa sprouts, almonds, apricots, artichokes, asparagus, bananas, beans, beets, blackberries, blackstrap molasses, bran flakes, cacao/chocolate, carrots, cashews, cherries, chick peas (cooked), chlorella, dandelion greens, dates, dried fruit, dulse, figs, grains (all), grapes, Grape Nuts, green peppers, green vegetables (leafy), hemp (milk/oil/powder/seeds), kelp, lentils, lucuma powder, maca powder, mango, mesquite powder, millet, nutritional yeast, oatmeal, onions, parsley, pecans, persimmons, pinto beans (cooked), pistachio nuts, plums, prunes, pumpkin seeds, raisins, seeds (all), seaweed, shallots, soy, spirulina, sprouts (all), squash, sunflower seeds, swiss chard, walnut, wheatgerm, wheatgrass and yams (Genuine cacao/chocolate is naturally vegan. It's a bean.)

OMEGA FATTY ACIDS – açai, beans, black currant seed oil, blue-green algae, borage seed oil, cabbage, canola oil, flax (oil/seeds), chlorella, corn, green vegetables (leafy), hemp (oil/seed/powder/milk), pine nuts, pumpkin seeds, sesame seeds, soy, sprouts (all), squash, vegetable oils, walnuts and wheat

PROTEIN – beans, broccoli (40%), brown rice, cacao/chocolate, cauliflower (40%), chlorella, fruit (2-3%), grains (all), hemp (milk/oil/powder/seed), lentils, lucuma powder, maca powder, mesquite powder, nuts, seeds (all), soy, vegetables (all) and wheatgrass (Genuine cacao/chocolate is naturally vegan. It's a bean.)

Source: <http://vegan-because-fuck-you.tumblr.com/post/109172183345/vegan-master-post>

Affordable

Meat and dairy are expensive. In the United States it is far cheaper to be vegan. Lentils for instance, which can feed one person for over a day, are typically around \$1.30 a bag. Rice, Cous Cous, Pasta, Beans, Eggplant, Potatoes, the base of most vegan meals are some of the cheapest items you can find in a grocery store. Some people even choose to eat 'freegan' which is to eat vegan (and sometimes vegetarian) products found in dumpsters that grocery stores choose to throw away rather than distribute to those who are hungry.

Getting Started

Going vegan isn't all that different from how you live your life now. The main difference is before you put something in your grocery cart or into your mouth you read the label. You can still eat all the things you used to, there are vegan substitutes and recipes for every meal that has ever existed. The far majority of taste that we experience is texture and spices, there is nothing special about meat and dairy products. You can even eat a junk food diet as a vegan! (Oreos are vegan, no we aren't kidding).

Special Circumstances

It is common for some groups of people to be told that they can't go vegan. This is false. Due to limited space, these resources are available online at the following URL:

<http://soycrates.tumblr.com/post/85918368428/some-resources-for-people-whove-been-told-they>

This list includes resources for poor vegans, vegans recovering from eating disorders, vegans allergic to soy and/or gluten, disabled vegans, vegans with autoimmune disorders, IBS, and anemia, low fiber vegans, homeless vegans, and hypoglycemic vegans.

We are also against dairy and eggs because anything an animal produces belongs to that animal. They made it it is theirs. Animals produce the things they do with purpose. A cow produces milk to feed it's baby, bees produce honey to eat during winter, a hen lays unfertilized eggs to eat for their own nutrition, a mink wears its fur to stay warm.

As vegans we also do our best to put an end to animal testing. Humans often test products or experiments on animals. These animals are caged, tortured, and exposed to stressful, painful, and deadly situations. Many hair and make up products are tested on animals. Many medical and science tests are performed on animals. This widespread practice continues despite the fact that often animals bodies do not respond to medications in a way in which human animals would, leaving the tests completely useless. This widespread practice continues despite the fact that many of these experiments have been done many times over and we already know what the results will show. This widespread practice continues often simply to fill the pockets of those experimenting with grant money.

Vegans are against the confinement, abuse, and exploitation of animals. This means we do not go to zoos, aquariums, or the circus. Animals do not exist to entertain humans.

All animals (human or not) feel pain. Animals get scared, animals feel lost, animals get sad. Animals also can feel joy, love, and safety. Vegans seek to create a world where all species have a chance to thrive, we do this with our actions today.

Environmental Impact

While industrial agriculture is far from perfect it has a far smaller impact on the environment in comparison to animal agriculture. The animals themselves and the crops needed to feed them must use extra water and be transported using extra fossil fuels. Anyone who is serious about minimizing their environmental impact through individual choices must consider veganism.

Here are some environmental statistics related to veganism:

*According to the US Environmental Protection Agency (EPA), chemical and animal waste runoff from factory farms is responsible for more than 173,000 miles of polluted rivers and streams.

*Global food security is threatened by the consumption of animal products.

*Animal agriculture is the leading cause of deforestation. About 70 percent of all grain produced in the United States is fed to animals raised for slaughter. The 7 billion livestock animals in the United States consume five times as much grain as is consumed directly by the American population. "If all the grain currently fed to livestock were consumed directly by people, the number of people who could be fed would be nearly 800 million," says David Pimentel, professor of ecology at Cornell University.

*40% of global marine catch is by-catch (basically we are throwing back enormous amounts of unusable species into the sea, dead and wasted)

*An estimated 300,000 whales, dolphins and porpoises die in fishing nets every year.

*Studies indicate that a varied vegan diet requires about a third of the land needed for conventional Western diets. We do not have enough land to feed everyone on an animal-based diet.

*The livestock sector is a major player, responsible for 18% of greenhouse gas emissions measured in CO2 equivalent. This is a higher share than transport.

*60% of deforestation is related to animal agriculture

*For every 4 lbs of retail fish caught, 1 lb of other fish dies.

*It has been predicted that all the world's fisheries will collapse in 2048 unless something is done to stop it.

*It is estimated that over-fishing threatens the food security of about 200 million people.

*Antibiotic use in meat production has been linked to the rise in 'super bugs', which are antibiotic-resistant bacteria, found in a lot of meats available in supermarkets. These maladies can kill people.

*CO2, Methane, and Nitrous Oxide from the livestock industry are killing our oceans with acidic, hypoxic Dead Zones.

*10,000 entire species are wiped out every year because of the actions of one species. We are now facing the 6th mass extinction in cosmological history.

*It takes 50,000 litres of water to produce one kilo of beef.

*An acre of land can produce 40,000 pounds of potatoes, 50,000 pounds of tomatoes, but only 250 pounds of beef.

Source: <http://vegan-because-fuck-you.tumblr.com/post/109172183345/vegan-master-post>

Health

It's no secret that besides being delicious fruits and vegetables are also far healthier to humans than meat or dairy. The cholesterol found in meat and eggs can cause heart attacks. Dairy causes excess mucus. There is absolutely no issue getting everything a body needs on a vegan diet. Some people experience improvement in their skin and hair as well when going vegan. It is well documented that a vegan diet increases life expectancy. Meat consumption raises the risk of heart disease, stroke, and various cancers.

