



GUIDE TO ANIMAL-FREE EATING

RECIPES • NUTRITION • AND MORE



CHOOSE TO MAKE A DIFFERENCE

According to national polls, the number of adult vegans in the United States has grown from about half a million in 1994 to 3.7 million in 2016, while 4.3 million more are vegetarians.

What we choose to eat makes a powerful statement about our ethics and our view of the world—about our humanity. When we eat

vegan foods—rather than meat, eggs, and dairy—we withdraw our support of animal exploitation and instead create a demand for animal-free foods.

ADULT U.S. VEGANS

(in Hundreds of Thousands)

1994



2016



A SUSTAINABLE WAY TO BECOME ANIMAL-FREE

When you first discover the reality of modern animal agriculture, avoiding all products from animals might seem too big a change. But don't be overwhelmed—just take small steps. For example, you could eliminate meat from certain meals or on certain days. As you get used to eating less meat and find alternatives you enjoy, it becomes easier to eliminate meat altogether.



Most farmed animals are similar to dogs and cats and love to be petted and snuggled. Some pigs like to have their tummies rubbed!

PLANT-BASED NUTRITION

BY JACK NORRIS, REGISTERED DIETITIAN

Generally, research on human populations has shown that the higher a percentage of plant foods an individual eats, the lower their risk is for obesity, high cholesterol, high blood pressure, type 2 diabetes, heart disease, and cancer.

While vegetarians and vegans have lower rates of many of the major chronic diseases, there are some nutrients they should make sure they are obtaining. Below are some general guidelines and you can find more specific amounts for different age groups at VeganHealth.org. The precise amounts are not important to reach each day—rather making sure you come close on most days is what is important.

Protein. It's easy to get enough protein on a plant-based diet when you include a few servings of legumes each day. Legumes include beans (garbanzo, kidney, pinto, hummus, refried, etc.), peas (green, split, black-eyed), lentils, peanuts, and soybeans (tempeh, tofu, soymilk, soy meats, edamame, etc.). Other plant foods high in protein are quinoa, seitan, nuts, and pumpkin seeds.

Vitamin B12. Vitamin B12 is the one nutrient not found in plant foods in any reliable amount. Eat fortified foods twice a day or take a 25-100 µg supplement daily.

Calcium. Adults need 1,000 mg per day. Good plant sources are kale, mustard greens, bok choy, turnip greens, collards, and watercress. Eat three servings (1-1/2 cups cooked total) of these foods a day or drink a fortified beverage, eat tofu made with calcium salts (check label), or take a supplement of 250-300 mg/day.



An easy way to meet most of your needs described in this section is to include calcium-fortified, non-dairy milk and a multivitamin in your daily routine.



TOFU IS A GREAT SOURCE OF PROTEIN

When using tofu, it should be pressed to remove the excess water. Wrap the block in a towel and squeeze or use a press. The more liquid that is removed, the firmer and more flavor absorbent the tofu becomes.

Iron. Some women of child-bearing age, especially endurance runners, can become iron deficient. Plant foods contain iron, but it's harder to absorb without a source of vitamin C at the same time. If you are prone to iron deficiency, drinking a small glass of orange juice with high-iron foods (beans, greens, oatmeal, and fortified cereals) and avoiding coffee and tea at meals can maximize absorption.

Zinc. Found in tofu, beans, nuts, and oatmeal. Most vegans get about the RDA for zinc but some fall short. Zinc plays a role in the building and repair of muscle tissue and preventing colds. A modest supplement of about 10 mg per day might benefit some vegans, especially strength athletes.

Vitamin D. Sunlight provides vitamin D if the upper body (or the equivalent amount of skin) is exposed a few times a week during mid-day—otherwise, a supplement of 600-1,000 IU per day is recommended. Deficiency results in fatigue.

Iodine. Vegans should eat seaweed, iodized salt, or take an iodine supplement of 75-150 µg two to three times per week.

Vitamin A. Made from beta-carotene. Eat carrots, kale, butternut squash, sweet potatoes, spinach, cantaloupe, or drink carrot juice each day.

Omega-3. Eat a serving of walnuts, canola oil, flaxseeds, hemp seeds, or chia seeds (or their oils) daily or take a vegan omega-3 supplement.

More info on vegan nutrition: VeganHealth.org, JackNorrisRD.com or TheVeganRD.com.



RECIPES TO TRY



TOFU SCRAMBLE

12 oz firm tofu, crumbled	1-1/2 tbsp turmeric
1/2 yellow onion	1 tsp oregano
2 cloves garlic	3 tbsp nutritional yeast
2 tbsp cooking oil	Your favorite veggies
2 tbsp non-dairy margarine	Salt & pepper to taste

In a large frying pan, cook the tofu, diced onions, and minced garlic in the oil for a few minutes. Add margarine, let it melt, and stir so that it coats the tofu. Add in the turmeric, oregano, and nutritional yeast and stir again. Add in most of your veggies. If you are using veggies that cook longer (such as broccoli, carrots, or potatoes), you'll want to let them cook for about 10 minutes before adding in veggies that cook fast (such as mushrooms, kale, spinach, and tomatoes). Cook the whole mixture for about 15 minutes.



BANANA BREAD

1/2 c non-dairy milk	1/2 tsp salt
1/2 tsp apple cider vinegar	1/2 tsp cinnamon
2 c all-purpose flour	1/2 c vegetable oil
1 tsp baking soda	3/4 c brown sugar
1/2 tsp baking powder	1 c mashed banana
	1 tsp vanilla extract

Preheat oven to 350°F. Lightly oil a standard size bread loaf pan. Pour the non-dairy milk into a bowl and add apple cider vinegar. In a separate bowl, mix together flour, baking soda, baking powder, salt, and cinnamon. Add oil, sugar, mashed banana, and vanilla extract to non-dairy milk and vinegar. Whisk to combine. Add wet ingredients to dry ingredients and mix until evenly combined. Don't overmix—some clumps are okay. Pour the batter into loaf pan. Bake bread for 38-45 minutes.



EGG SUBSTITUTES FOR BAKING

Replace each egg with one of the following:

- 1-1/2 tsp Ener-G Egg Replacer + 2 tbsp water
- 1 tbsp vinegar + 1 tsp baking soda
- 1/4 cup unsweetened applesauce, mashed banana, soy yogurt, or blended silken tofu
- 1 tbsp ground flaxseeds or chia seeds + 3 tbsp water



BEAN PASTA SAUCE

12 oz. pasta	12 oz. pasta sauce
1 c sweet potatoes	salt to taste
1 c beans, navy, kidney, garbanzo, etc.	oil, nutritional yeast or vegan cheese (optional)

Cook pasta according to instructions. Chop a small sweet potato into similar-sized chunks. Place in a steamer basket and steam until a fork easily pierces the potatoes. Blend sweet potatoes, beans, and pasta sauce until smooth. Add a little water if needed to allow blender to blend smoothly. Start with a few tablespoons and slowly increase. Mix with pasta and top with oil, nutritional yeast, or vegan cheese. *Courtesy of Lively Days*



CHOCOLATE CHIP COOKIES

3/4 c sugar	2 c flour
1/2 c margarine, room temp	1 tsp baking soda
1/2 c canola oil	1/2 tsp salt
1/4 c water	1-1/2 c non-dairy chocolate chips
2 tsp vanilla extract	

Preheat oven to 375°F. In a medium bowl, beat sugar, margarine, oil, water, and vanilla. In a large bowl, mix the flour, baking soda, and salt. Add liquid mixture and chocolate chips and mix well. Scoop spoon-sized portions onto a cookie sheet and bake for 8-10 minutes.



CHOCOLATE PIE

12 oz non-dairy semisweet chocolate chips	2 tsp vanilla extract
14 oz package silken (soft) tofu, drained	1 vegan graham cracker crust

Melt chocolate chips in the microwave for 45 seconds and mix until smooth. Put tofu in a blender and blend until creamy. Add melted chocolate and vanilla to tofu, mix thoroughly. Add tofu chocolate mixture to the pie crust and place in freezer for about 90 minutes.

QUESTIONS & ANSWERS

HOW DOES CONSUMING DAIRY PRODUCTS HURT COWS?

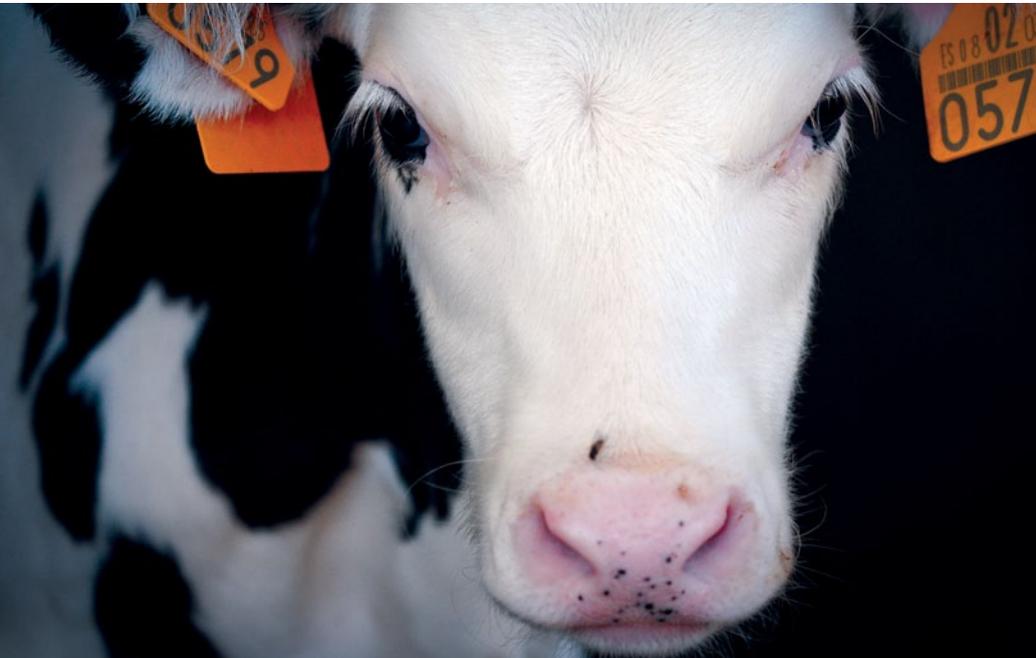
In the United States, most milk is produced by cows raised in intensive production systems. Some cows are housed indoors year-round and some are often kept restrained.

A cow must regularly give birth in order to produce profitable amounts of milk. Similar to humans, a cow's gestation period is about nine months and in that time she develops a strong desire to nurse and nurture her baby calf—a calf that will be taken from her hours or days after birth. Male calves will likely be sent to the veal industry.



Cows can live more than 20 years, however, they're usually slaughtered once lactation decreases at about 5 years of age.

The term *downer* refers to an animal who is too sick or injured to stand. The exact number of U.S. downer cattle is unknown, but estimates come close to 500,000 animals per year. Most are dairy cows and the condition most often occurs within one day after giving birth.





WHAT ABOUT FREE RANGE FARMS?

Poultry meat may be labeled “free range” if the birds were provided an opportunity to access the outdoors. No other requirements—such as the amount of space per bird, the amount of time spent outdoors, or the quality and size of the outdoor area—are specified by the USDA. As a result, thousands of birds crowded in a shed with a single exit leading to a small dirt area can be, and often is, considered “free range.”

The USDA doesn’t regulate the “free range” label for eggs. The “cage-free” label is also unregulated and does not guarantee the hens were provided access to the outdoors. Neither label requires third-party certification.

Even “USDA Organic”—the most extensively regulated label—does not set minimum levels of outdoor access, nor does it specify stocking density or flock size.

Virtually all commercial egg farms, including free range and organic, use hatcheries that kill the male chicks at birth, and typically trim the beaks of females. Although hens can live more than 10 years, they’re slaughtered after 1 to 2 years. Free range, cage-free, and organic farms may be an improvement over the conventional factory farms, but they are by no means free of suffering.

For more details, please see [VeganOutreach.org](https://www.veganoutreach.org).



Beak- and Toe-Trimmed Baby Turkey from Free Range Farm

WHAT'S NEXT

Research shows that people who make a more gradual transition to eliminating animal products are more likely to stick with it.

Focus on adding the tasty new plant-based foods to meals—include them in your routine until there's no room left for the animal products!

VEGAN SUPPORT

Check out your local Meetup groups and college campus veg clubs—you can also find support online through your social media outlets.



LOCAL DINING & FOOD SHOPPING

Check out HappyCow.net, Vanilla-Bean.com, the Happy Cow or Vanilla Bean app, or Google “vegan” in your area.

PRODUCTS NOT TESTED ON ANIMALS

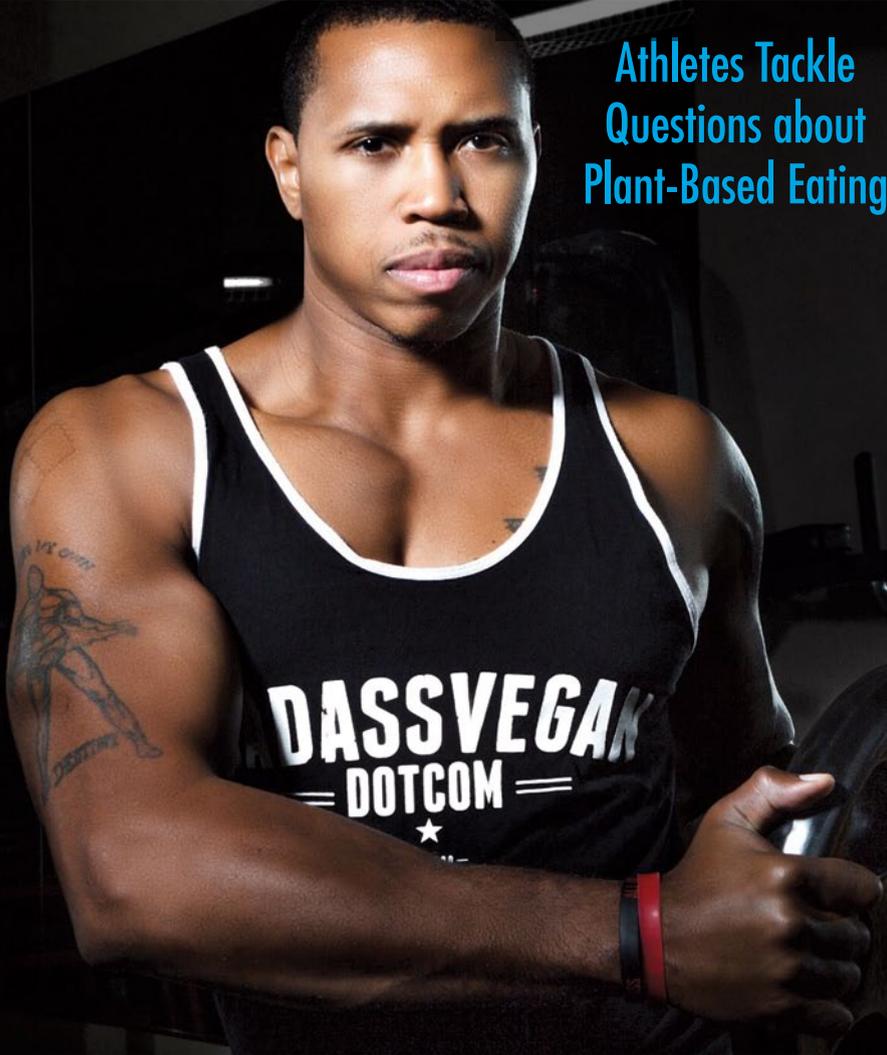
Major supermarket chains now carry some products that have not been tested using animals (e.g., Tom's of Maine, Seventh Generation). For more information check out LogicalHarmony.net.



Follow VeganOutreach on Facebook, Instagram & Twitter

THE COMPASSIONATE ATHLETE

Athletes Tackle
Questions about
Plant-Based Eating



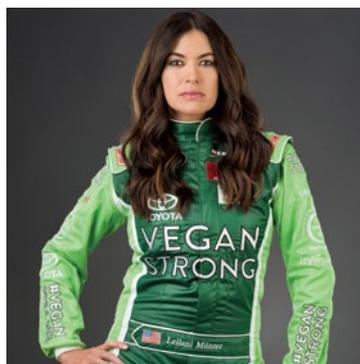
“Being vegan, I’m able to perform at the same level that I did when I was in my 20s. Although I started this journey for health reasons, I now believe that compassion is more important than ego and learning how the industry treats animals has increased my commitment to eating plant foods.”

John Lewis, renowned fitness expert, badassvegan.com

A NATIONAL TREND

More and more people—including elite athletes—are choosing to leave animals off their plates. In addition to sparing the lives of farmed animals, these athletes perform well on plant-based diets and, in many cases, their health improves.

In this guide, those athletes will tell you why they've decided to stop eating animals and how they're excelling on plant-based foods.



Leilani Münter, race car driver, environmental and animal activist

The Academy of Nutrition and Dietetics states that vegan diets “are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes.”

J Acad Nutr Diet. 2016;116:1970-1980



“The thing I like most about being vegan is that I’m conscious of how my choices affect others (animals). I live every day to do the least amount of harm possible.”

Will Tucker, four-time Natural Bodybuilding Champion, America’s Vegan Trainer™



"I meet athletes every day that are making the transition to a vegan lifestyle. We are also seeing top athletes in the world becoming vegan and a voice for the animals. The future is vegan!"

Vanessa Espinoza,
fitness trainer and nutrition coach,
plantbasedmuscles.com



Mindy Collette, bodybuilder

"Initially I went vegan as a trial for my health, but after reading about the animal cruelty in our food system, I knew being vegan was no longer a trial, but a lifestyle, and no longer merely for my health."



Mike Zigomanis, champion hockey player

"I changed my diet about four years ago because I wanted to cut out red meat for health reasons. From there, I stopped eating other meat products and then dairy. Finally, I went vegan."



“Other bodybuilders eat steak, chicken, eggs, whey protein. I just eat vegan versions of that; tempeh, tofu, seitan, rice and pea protein, some nuts and seeds, spinach and broccoli.”

Ed Bauer, champion bodybuilder

DOING IT RIGHT

Eating high-protein foods such as beans, peanuts, and vegetarian meats will fulfill your daily protein requirement and provide satisfying meals. Plant-based diets are high in iron and eating vitamin C at meals helps you absorb it. Consider a multivitamin with B12 to cover your bases.

“Vegan athletes are making an international impact on mainstream fitness. I feel great knowing that I’m not contributing to animal suffering. Now it’s easier than ever to find delicious vegan options.”

Torre Washington, bodybuilder



“I like not harming other sentient beings. Helping others transform their lives through healthy meals keeps me going. I love that heading towards age 68, I can still run hills, do planks, and bend down without any issues getting up.”

Chef Babette,
owner of vegan restaurant
Stuff I Eat and fitness enthusiast



“I became vegan when I was a skinny teenager. Over the next decade following a vegan diet I gained 75 pounds and became a 2-time natural bodybuilding champion. Clearly, no meat was no problem for me.”

Robert Cheeke, vegan
bodybuilder, bestselling author of
Plant-Based Muscle

PLANTS & PROTEIN



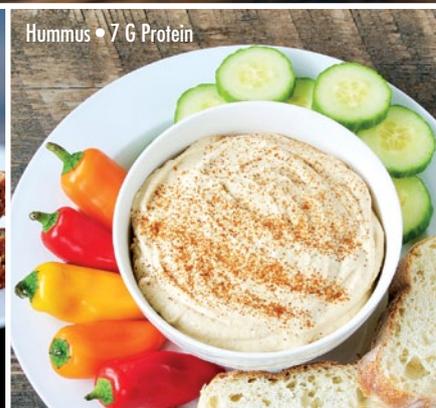
Lentil or Split Pea Soup • 7 G Protein



Bean Burrito • 10 G Protein



Peanut Butter & Banana • 15 G Protein



Hummus • 7 G Protein

All plant foods contain all the essential amino acids—the building blocks of protein. To meet protein requirements and to feel satisfied, it's important to make sure you're eating some high-protein plant foods each day.

The easiest choices are vegan meats, which are packed with protein. Legumes—peanuts, beans, lentils, and peas—and foods made from them are also high in protein.

ABOUT SOY

Soyfoods—like tofu, tempeh, and soymilk—are high in protein. The meat industry has sensed a threat from soy and promotes anti-soy propaganda. But don't be fooled, all legitimate scientific bodies consider soy safe.

That said, it's no problem to be vegan without eating soy—there are many high-protein alternatives!



“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.” **Dr. Tom Regan**, professor of philosophy



Scarlett was rescued from the cage-free egg farm shown in this booklet.

READY TO TRY VEGAN EATING?

Our weekly email series will help you replace one food per week with a delicious vegan version. After 10 weeks, you’ll have all the food recommendations, nutrition info, and recipes you need to make a big difference for animals!

VeganOutreach.org/Guide-CAG • [10 weeks to **vegan**](https://VeganOutreach.org/10weeks)

MENTOR PROGRAM

Get free individual help in going vegan: VeganOutreach.org/VMP

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