

A portrait of David Carter, a Black man with a beard and short dark hair, wearing a black sleeveless shirt with a white towel draped over his shoulders. He is looking directly at the camera with a neutral expression. The background is a blurred blue sky with some green foliage.

THE COMPASSIONATE ATHLETE

Athletes Tackle
Questions about
Plant-Based Eating

"The more I learned, the more my body benefited and my results came quickly. More energy, shorter recovery time, increased stamina, improved strength, and the peace of mind that no one had to die in order for me to live.

I'm a 300 plus pound vegan, I'm living proof you don't have to kill animals to gain muscle."

David Carter, former NFL player

A NATIONAL TREND

You may have already seen how animals are treated on today's farms. You may have even seen how they are killed in slaughterhouses. You probably don't like seeing those pictures and videos. Why? You're a kind and decent person. You don't want others to suffer unnecessarily.



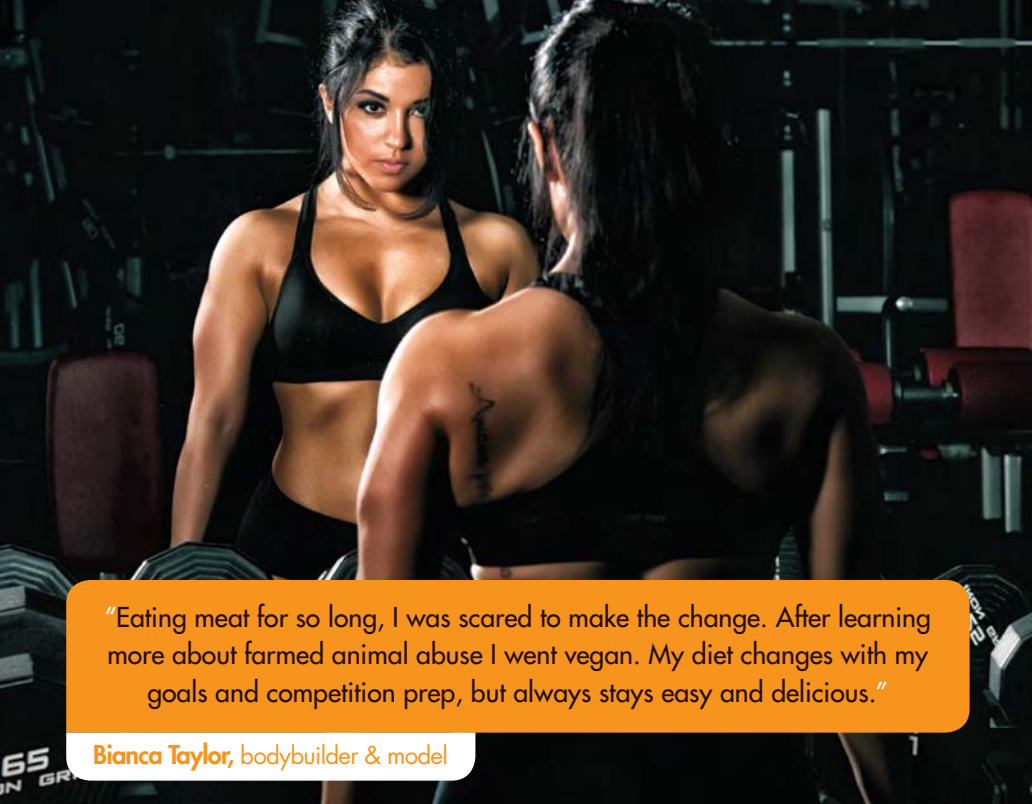
More and more people just like you—including a growing number of professional athletes—are choosing to leave chickens, fish, and other animals off their plates. In this guide those athletes will tell you why they've decided to stop eating animals and how easy it is to excel on plant-based foods.

A 2016 Harris Poll showed that about 3.7 million Americans are vegan — eating no meat, fish, dairy, or eggs. Millions more are vegetarian and don't eat meat or fish.



"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, bodybuilder



"Eating meat for so long, I was scared to make the change. After learning more about farmed animal abuse I went vegan. My diet changes with my goals and competition prep, but always stays easy and delicious."

Bianca Taylor, bodybuilder & model



Seba Johnson, Olympic skier

"You can build the fastest, strongest, and most powerful body without contributing to needless animal suffering."



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."



"There was always something off-putting to me about eating animals. I remember petting a chicken on my grandparents' farm and realizing that she was another living creature with feelings and emotions. Like most people I grew up with dogs and cats I loved and cherished. While holding this chicken I thought, 'How is she any different from them?' Once I made that connection, there wasn't any difference to me. I couldn't bury my head in the sand any longer."

Austin Aries, professional wrestler

MEET SCARLETT



BEFORE



AFTER

Like all chickens, Scarlett has a unique personality. Studies also show chickens have a sense of time and they anticipate the future.

Scarlett was raised for her eggs in a cage-free facility and was suffering terribly when she was rescued but now lives in a loving home.

Because egg farms—including free range and cage-free—have no use for male chicks, they are often tossed alive into a grinding machine. Others are thrown into garbage bags to suffocate or starve.



Egg-laying hens spend every minute packed in feces-filled cages. The cages are so small, hens can barely turn around and cannot spread their wings.



Chickens raised for meat spend their lives packed in a massive warehouse. They have been bred to grow so fast that by the time they are one month old it hurts many of them to walk. Ammonia from waste is so concentrated it burns their skin and lungs.



When chickens get sick, they can be clubbed on the head with a metal rod or left to suffer to death. At the slaughterhouse, they are electrically paralyzed before having their throats cut. If they avoid the blade—as many birds do—they will drown in a tank of scalding hot water.



"Being vegan is not a hindrance but rather a tool to make you the very best you can be. Do it for yourself, for the animals and for all those you'll inspire."

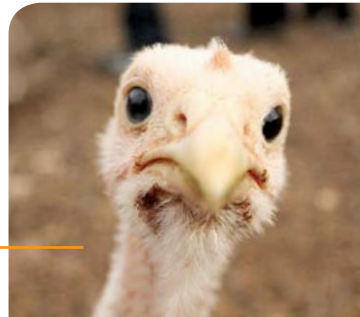
Holly Noll, bodybuilder

MEET THE ONES YOU SPARE

Agricultural economists have found that when people eat less meat, producers raise and kill fewer animals. Here are some of the individuals you help spare each year.



— 21 chickens like Tilly,
and even more if you
also cut out eggs



A turkey like Clove —



— A pig like
Bob Harper



— A cow
like Meghan



"They're like floating pig farms...Disease and parasites [on fish farms] run rampant."

The Los Angeles Times, "Fish Farms Become Feedlots of the Sea"

About half of the fish consumed by humans don't come from the wild. Fish farms are often crowded enclosures where stress and filthy water cause death and disease. The manure drifts into neighboring rivers and oceans creating areas that no longer sustain life.

In the ocean, large driftnets catch everything in their path, including sea turtles, sharks, whales, and dolphins whose bodies are then discarded.

Fish pulled from the water suffocate for up to ten minutes. When dragged from deep ocean waters, their eyes bulge and their stomachs turn inside out from the change in pressure.

Fish have long-term memories and are smart enough to learn tricks. Like all farmed animals, fish are badly abused—they just can't cry out.

Dozens of fish
like this beautiful catfish



"So our animals can't turn around for the 2.5 years they are in the stalls...who asked the sow if she wanted to turn around."

Dave Warner, Director of Communications, National Pork Producers Council



MEET LUCILLE

Lucille (below) managed to flee from a transport truck on the way to auction. She ended up at Animal Place farmed



animal sanctuary and is now living a peaceful life. Lucille loves belly rubs and comes when called—pigs are quite smart and perform as well as dogs and chimps in intelligence tests.

Mother pigs are typically kept confined in cages so small they cannot turn around (pictured above). In these cages, they develop severe psychological problems, such as biting the bars until their teeth break, and banging their heads.

Baby pigs are often born on metal grating. At just six months old, pigs raised for meat are electrocuted or shot in the head with a metal rod. Some don't immediately die and are drowned in scalding water.



"Why strive for excellence in every other area of life but shirk our responsibility to be ethical in our lifestyle?"

Mindy Collette, bodybuilder



"I realized how absurd the notion of 'needing' meat in the diet was. I never looked back...View it as a positive change and look forward to all of the new amazing, healthy, and delicious foods you can eat."

Mac Danzig, UFC fighter

HOW DAIRY HARMS COWS

In order to produce profitable amounts of milk, a cow must give birth yearly. While the bond between mother and

baby is one of the strongest in nature, dairy calves are taken away within hours of birth—they won't be together again.



Only minutes old, this calf won't see her mother again.



"Ethics was and continues to be my primary motivator, but I'm also motivated by the diet's efficiency and sustainability and the compelling evidence in its favor."

Marcella Torres, 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. Order our *Guide to Animal-Free Eating* (see back cover) or visit VeganHealth.org for nutrition tips.

"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



WHAT ABOUT PROTEIN?

"Does it matter if our protein comes from plants rather than animals? Proteins consist of twenty amino acids, eleven of which can be synthesized naturally by our bodies. The remaining nine—what we call essential amino acids—must be ingested from the foods we eat. A well-rounded whole food plant-based diet that includes a colorful rotation of foods like grains, nuts, seeds, vegetables and legumes will provide all of these amino acids for even the hardest training athlete. I can absolutely guarantee that eating plant-based you will never suffer a protein deficiency!"

Rich Roll, ultra-endurance athlete



Ed Bauer, champion bodybuilder

"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."



EATING OUT

INTERNATIONAL RESTAURANTS

ITALIAN



THAI



MIDDLE EASTERN



INDIAN



MEXICAN



CHINESE



CHAIN RESTAURANTS

- **TACO BELL** – bean burritos, bean tacos, potatoes, guacamole
- **CHIPOTLE** – burrito, bowl, or tacos with sofritas and fajita veggies
- **JOHNNY ROCKETS** – Streamliner burger and fries
- **OLIVE GARDEN** – pasta with marinara, breadsticks, minestrone soup
- **NOODLES & COMPANY** – Japanese pan noodles, spaghetti with marinara

VEGAN PIZZA GALORE!

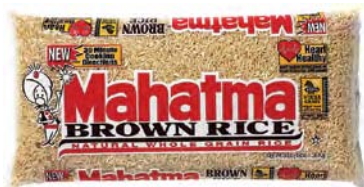
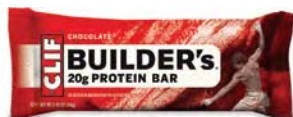


While cheeseless pizza with lots of fixings is always a tasty option, many chains now carry vegan cheese and meats!

Check out Mellow Mushroom, Pie Five, PizzaRev, MOD Pizza, Pieology, Pi Pizzeria, and many more!

GETTING GROCERIES

PANTRY



FRIDGE



FREEZER



DEREK TRESIZE MEAL PLAN

BULKING UP MEAL PLAN



MEAL ONE

- **2 cups oatmeal**
- **1/2 apple**, sliced as topping
- **Protein shake** made with 1 scoop protein blended with 2 bananas and water

MEAL TWO

- **Smoothie** blend 1 cup cannellini beans, 3 bananas, 1/2 cup frozen spinach, 1 large carrot, 1 cup mixed berries, 1 scoop protein powder

MEAL THREE

- **Large green salad** with 1/4 block blackened extra firm tofu, balsamic vinegar
- **1 large bowl red lentil and broccoli soup**

MEAL FOUR

- **Snack:** smoothie repeated from Meal Two or large peanut butter and jelly sandwich

MEAL FIVE

- **Large green salad** w/balsamic vinegar
- **1 1/2 cups brown rice**
- **1/2 can black beans**
- **1/2 avocado**

DAILY TOTALS

- 3,700 calories
- 180 g protein
- 700 g carbohydrate
- 60 g fat



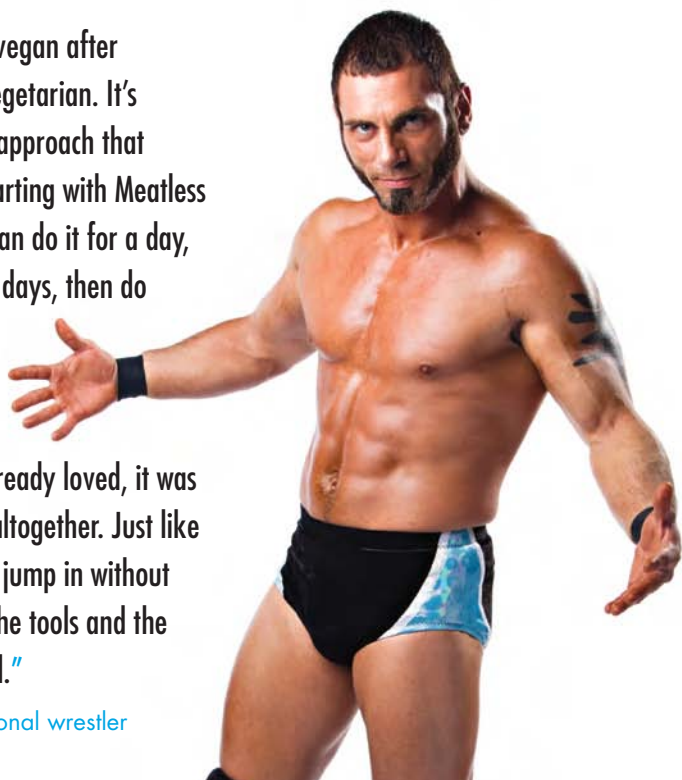
IT'S YOUR CHOICE

HOW WILL YOU START?

"I made the switch to vegan after a decade of eating vegetarian. It's important to find an approach that works for you. Try starting with Meatless Mondays. Once you can do it for a day, try doing it for a few days, then do it during the week.

After discovering delicious vegan versions of foods I already loved, it was easier to ditch meat altogether. Just like in the ring, you can't jump in without first giving yourself the tools and the knowledge to succeed."

Austin Aries, professional wrestler



Once you've decided what will work for you,
just get started and stick with it!



PO Box 1916, Davis, CA 95617 • VeganOutreach.org/Contact

PHOTOS: © Paige Carter (cover); © Farm Sanctuary (p2 upper); © Karen Oxley (p2 lower); © Eric Grant/EDG Images (p3 upper); © Donovan Jenkins (p3 lower left); © Schwartz Studios (p3 lower right); © Lee South (p4 upper); Direct Action Everywhere (p4 lower); © Humane Society of the United States (p5 upper); Mercy For Animals (p5 bottom); © Dani Mouser (p6 upper); © Farm Sanctuary (p8 chicken and pig); © Toni Okamoto (p8 turkey); CC SA BYNC Casey Morris (p8 cow); © Can Stock Photo Inc/Johannesk (p7 upper); © Art Phaneuf Photography (p7 lower); © Animal Equality (p6 upper); © Adrienne Szamotula (p8 lower); © Daniel Lupastean (p9 upper left); © PaulCorkery.com (p9 upper right); Jo-Anne McArthur (p9 lower); © Melissa Schwartz (p10 upper); © Raymond Moore (p10 lower); © Mark Rainha (p11 upper); © John Segesta (p11 lower); © iStock.com/dulezidar (p12 Italian); © iStock.com/SochAnam (p12 Thai); © iStock.com/kline (p12 Middle Eastern); © Shutterstock/bonchan (p12 Indian); Brownble.com (p12 Mexican); ilovevegan.com (p12 Chinese); Follow Your Heart (p12 lower); © Margaret Chapman (p13 soup); © iStock.com/StockSolutions (p13 pizza); © Stephanie Lundstrom (p13 stir-fry); [CC] Suzette (p13 bagel); [CC] Alex in Leeds (p13 veggie dog); [CC] Matias Garabedian (p13 PBJ); © Renee Press (p13 nachos); © Melissa Schwartz (p14 upper); © Lee South (p15); © Mike Zigomanis (back cover upper); © iStockphoto.com/mkurlbas (back cover lower)



GIVE IT A TRY

FREE GUIDE

Get your animal-free eating guide with recipes and health tips:

Text: "Starter" to 55678

Visit: VeganOutreach.org/Guide

MENTOR PROGRAM

Get free individual help in going veg:

VeganOutreach.org/VMP

MORE COPIES

To spread this information:

VeganOutreach.org/Order

What do you think of this booklet? Let us know:

VeganOutreach.org/Contact



Rev 7/17



Follow us on Facebook, Instagram & Twitter