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PETA

Go Vegetarian GO Vegan!

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

FREE
Recipes Inside!



STARTER KIT

Veggies: © Food For Thought/Jupiterimages



Congratulations!

By opening this guide, you've just taken the first step toward one of the best choices that you can make for yourself, animals, and the planet. The pages that follow are packed with important information, tips, and 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. Dig in!

- **Brendan Brazier**, professional triathlete (top left)
- **Mac Danzig**, martial arts champion (bottom left)
- **Prince Fielder**, baseball All-Star (center left)
- **Keith Holmes**, boxing champion
- **Carl Lewis**, "Olympian of the Century," Olympic medalist in track
- **Robert Parish**, one of the "50 Greatest Players in NBA History"
- **Bill Pearl**, professional bodybuilder and four-time "Mr. Universe"
- **Ricky Williams**, Miami Dolphins running back

Vegetarian Athletes

Why are athletes who don't eat meat always at the top of their game? One reason is because plant foods provide athletes with all the nutrients that they need to stay healthy and strong, minus all the cholesterol and much of the saturated fat and contaminants found in meat and dairy products that can slow them down. Carl Lewis, perhaps the greatest Olympic athlete ever, says, "[M]y best year of track competition was the first year I ate a vegan diet."

Besides receiving optimal nutrition from plant foods, vegetarians and vegans also weigh less, on average, and have better cardiovascular health and more stamina than meat-eaters—and 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 healthy vegan diet will give you the strength and stamina you need to leave those sluggish meat-eaters in the dust." Learn more at PETA.org.

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© Brendan Brazier

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© Kevin Lynch

Sir Paul McCartney:

"I am a vegetarian because I realize 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."

Bob Harper:

"I think one of the biggest benefits for me was when I went from an animal diet to a plant-based diet, my cholesterol dropped over 100 points within a month. My doctor was floored by that. I feel like there is a fountain of youth attached to living a vegan lifestyle"

Casey Affleck:

"I don't eat meat or any other animal products ... because they're unhealthy and they're the product of a violent and inhumane industry."

Tobey Maguire:

"I just never really liked meat. I had a really tough time even eating chicken. I would start imagining what I was eating and the life of the animals and all that kind of stuff."

Alicia Silverstone:

"Since I've gone vegetarian, my body has never felt better and my taste buds have been opened up to a whole new world. It's one of the most rewarding choices I've ever made, and I invite you to join me in living a healthy, cruelty-free lifestyle."

Celebrity photos: © STARMAX, Inc. | Paul McCartney photo: © MPL Communications Ltd. | Harper photo: © Davidpark/Dreamstime.com | Russell Simmons photo: © Ebert Roberts

Carrie Underwood:

"I do it because I really love animals and [killing animals for meat] just makes me sad."



James Cromwell:

"So-called farms today treat animals like so many boxes in a warehouse, chopping off portions of beaks and tails and genitals with no painkillers at all, inflicting third-degree burns

repeatedly by branding cows, ripping out the teeth of pigs, and just a horrible catalog of abuses that, if done to dogs or cats, would be illegal on grounds of animal cruelty."

Russell Simmons:

"Chickens raised for food today are ... covered in excrement, they're diseased, and they're drugged up with all sorts of toxins that you are ingesting if you eat chickens. One recent study found that chicken flesh in this country has four times as much arsenic—yes, arsenic, which is used in the drugs the chickens are given—as any other meat. ... I have been a vegan for many years ..."



Forest Whitaker:

"Life is full of choices, and many years ago, I chose to become a vegetarian, and it was one of the best choices I've ever made."



Alec Baldwin:

"Every time we sit down to eat, we make a choice: Please choose vegetarianism. Do it for ... animals. Do it for the environment, and do it for your health."



Natalie Portman:

"I am a very strict vegetarian. ... I just really, really love animals and I act on my values. ... I am really against cruelty [to] animals."

Kristen Bell:

"I have always been an animal lover. I had a hard time disassociating the animals I cuddled with—dogs and cats, for example—from the animals on my plate, and I never really cared for the taste of meat. I always loved my Brussels sprouts!"



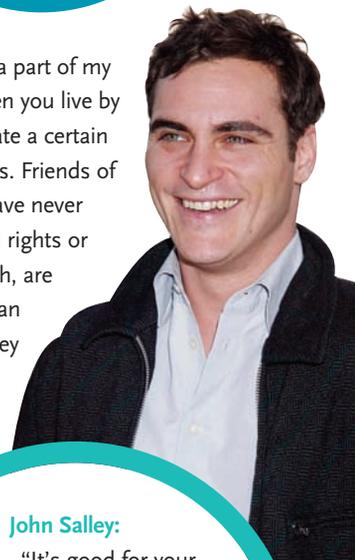
His Holiness The Dalai Lama:

"I have been particularly concerned with the sufferings of chickens for many years. It was the death of a chicken that finally strengthened my resolve to become vegetarian. These days, when I see a row of plucked chickens hanging in a meat shop it hurts. I find it unacceptable that violence is the basis of some of our food habits."



Joaquin Phoenix:

"Animal rights is a part of my everyday life. When you live by example, you create a certain level of awareness. Friends of mine, people I have never discussed animal rights or vegetarianism with, are adopting vegetarian habits because they see it."



Pamela Anderson:

"Chickens, pigs, and other animals? They are interesting individuals with personalities and intelligence. What people need to understand is that if they're eating animals, they are promoting cruelty to animals."



John Salley:

"It's good for your weight. It's good for your health Going vegetarian is the best damn way to eat. Period."

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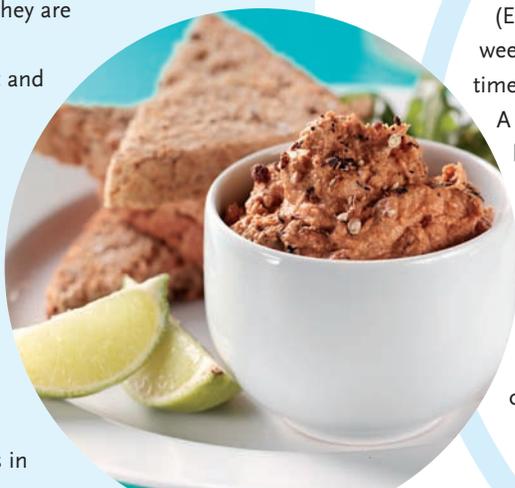
Eating for Life

Leading health experts agree that a vegan diet provides optimal nutrition for both children and adults. The largest nutritional and medical organizations, including the American Dietetic Association, confirm that balanced plant-based diets are healthier than diets that include meat.

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 American Heart Association reports that vegetarians “have a lower risk of obesity, coronary heart disease (which causes heart attack), high blood pressure, diabetes ... and some forms of cancer.”

Vegans are also far less likely to be overweight; in fact, the average vegan weighs 10 to 20 pounds less than his or her meat-eating counterpart.

Meat, dairy products, and eggs are completely devoid of fiber and complex carbohydrates, the nutrients that we’re supposed to consume more of for good health, and they are loaded with saturated fat and cholesterol, which can make us overweight and tired in the short term and lead to clogged arteries and heart attacks in the long term.



Roasted Red Pepper Hummus

Get the recipe at PETA.org/Recipes.

What About Protein, Iron, and Vitamin B₁₂?

According to medical authorities, vegans can get plenty of protein without having to pay particular attention to their diets. Healthy vegan protein sources include whole grains, oatmeal, beans, peanut butter, brown rice, peas, lentils, tofu, soy milk, nuts, seeds, and vegan burgers and other faux meats. By contrast, consuming too much animal protein has been scientifically linked to osteoporosis—according to a 2003 U.S. Department of Agriculture (USDA) report, vegetarian women had stronger bones than women who ate meat.

Savory Pot Pie

Get the recipe at PETA.org/Recipes.



Q & A

Ask the Experts

“Isn’t fish a health food?”

Anyone who eats fish for health reasons should think again: The Environmental Protection Agency (EPA) revealed that women who ate fish just twice a week had blood mercury concentrations that were seven times higher than those of women who didn’t eat fish. A woman who eats just one can of tuna per week will be 30 percent over the EPA cutoff for safe mercury levels. Mercury is known to cause severe health problems for humans, including brain damage, memory loss, and damage to a developing fetus. One study showed that women who regularly ate fish were more likely to have babies who were sluggish at birth, had small head circumferences, and had developmental problems. Women who consume even low levels of fish contaminated with PCBs, mercury, or other toxins have a more difficult time conceiving. Some of these chemicals remain in the body for many years. Plant foods such as walnuts and flaxseeds and vegan DHA capsules contain the essential fatty acids that we need without the harmful toxins found in fish flesh.



Dr. Neal Barnard,
author of *Eat Right,*
Live Longer

Recipe photos: © Steve Lee Studios

Q & A

Ask the Experts

“What do you think of ‘low-carb,’ meat-based diets?”



I call them “the ‘make yourself sick’ diets” because they cause the body to go into ketosis—a state that occurs when we are seriously ill. I also use that designation because the very foods recommended—meat, chicken, bacon, eggs, and cheeses—are the foods the [American] Heart Association and the [American] Cancer Society say cause our most dreaded diseases. ... There is only one way to fully satisfy your appetite with delicious foods and stay trim and healthy for a lifetime—that’s a low-fat vegetarian diet with fruits and vegetables and a bit of exercise.

Dr. John McDougall, medical director of the McDougall Program

When you get your protein from plant sources, you get all the amino acids that you need, with far less saturated fat and none of the cholesterol found in meat, eggs, and dairy products.

According to a study published in the *American Journal of Clinical Nutrition*, vegetarians are no more likely to be anemic than meat-eaters are. Iron is found in numerous plant foods, including beans, nuts, whole grains, and leafy green vegetables.

The Hazards of Eating Chicken

Because chickens are now bred and drugged to grow so large, chicken flesh today contains three times as much fat as it did just 35 years ago. Even arsenic is used in chicken feed because it promotes faster growth. The National Institutes of Health warns that this cancer-causing chemical is then ingested by people who eat chicken flesh. *Men’s Health* magazine ranked chicken as the number one food that you should never eat because of its high rate of bacterial contamination.

Fifty years ago, most people got their vitamin B₁₂ from bacteria in their drinking water or on fruits and

vegetables. Now that water is purified and vegetables are so thoroughly washed, many people get their B₁₂ from the bacteria on meat or in dairy products, but all common multivitamins have ample amounts of B₁₂ (all of them from non-animal sources), as do fortified foods such as breakfast cereals and soy milk. The B₁₂ in pill form and fortified foods is actually much easier to absorb than that found in animal products.



Delicious Dairy Alternatives

You can get all the calcium that you need from the plant world—broccoli, beans, many leafy green vegetables, almonds, soy milk, tofu, and calcium-fortified orange juice are all good sources.



Vegetable Spring Rolls

Get the recipe at PETA.org/Recipes.



What’s Wrong With Milk and Eggs?

No species naturally drinks milk beyond weaning, and no species would naturally drink the milk of a different species.

For humans, drinking cow’s milk has been linked to heart disease, some types of cancer, diabetes, and even osteoporosis, the very disease that the dairy industry claims its products are supposed to prevent! According to a Harvard Medical School analysis of the evidence, milk



does not protect against osteoporosis. One egg contains a staggering 185 milligrams of artery-clogging cholesterol, and eating eggs has been linked with

increased risk of cardiovascular disease, colorectal cancer, and breast cancer.



© Kid's Food/Jupiterimages © Law



Raising Vegan Kids

by Shelly Davis



The Davis Family

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, including heart disease, obesity, diabetes, and 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 vegetarian for years, but were children different?

I was fortunate to have the full support of my pediatrician, who confirmed that kids not only don't need any animal products, they're also 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 the late Dr. Benjamin Spock agreed, writing, "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 American Dietetic Association agrees, stating, "Well-planned vegan ... diets are appropriate for all stages of the

life cycle, including during pregnancy, lactation, infancy, childhood, and adolescence."

The meat in our supermarkets today is loaded with antibiotics, artificial hormones, and a host of other toxins—none of which is found in 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 favorite dish is tofu and broccoli—which makes the parents of the girls' friends green with envy!



Ziti With Sun-Dried-Tomato Cream

Get the recipe at PETA.org/Recipes.



Papaya-and-Mango Salsa

Get the recipe at PETA.org/Recipes.

Recipe photos: © Steve Lee Studios

Weight Loss



Obesity is one of the most pressing health problems in the United States and will soon become the country's leading cause of preventable deaths.
by Deborah Wilson, M.D.

Despite the growing number of "diets" that are being touted throughout the

country, Americans just keep getting fatter. A government review of all studies on weight loss found that two-thirds of dieters gain all the weight back within a year, and a whopping 97 percent gain it all back within five years. This yo-yo weight fluctuation is worse than being overweight: These dieters would have been better off if they hadn't even bothered.

For many Atkins dieters, weight loss reverses or is stalled after just six months, and Atkins himself died at 258 pounds.

The best long-term weight-loss plan is a vegan diet. Many delicious vegan foods are naturally low in fat, so quantity and calorie restrictions are unnecessary. My colleague Dr. Dean Ornish calls it the "eat more, weigh less" diet (and he even wrote a

Green Beans With Cranberries

Get the recipe at PETA.org/Recipes.



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, 10 to 20 pounds lighter than adult meat-eaters.

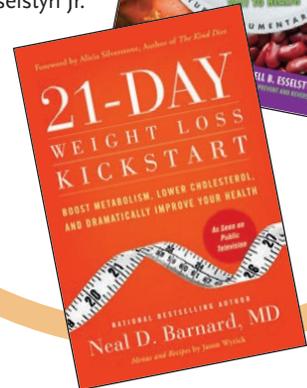
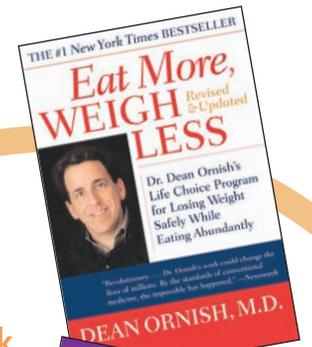
Adopting a vegan diet won't just help you slim down, it will also help you fight an array of ailments, including heart disease, cancer, diabetes, arthritis, and more. Dr. T. Colin Campbell of Cornell University, arguably the foremost epidemiologist in the world, states, "Quite simply, the more you substitute 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. 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 nonvegetarians." I couldn't have said it better myself.

Dr. Wilson's Weight-Loss Book Recommendations

• *Eat More, Weigh Less*
by Dr. Dean Ornish

• *Forks Over Knives*
by Dr. T. Colin Campbell and Dr. Caldwell Esselstyn Jr.

• *21-Day Weight Loss Kickstart*
by Dr. Neal Barnard



Mediterranean Tofurky 'Rolls'

Get the recipe at PETA.org/Recipes



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

© (pig) Boyman, (cow) Iles, (chicken) Animal Farm



Meet Your Meat

More than 20 billion animals are killed by the American meat industry each year—in ways that would horrify any compassionate person and that would be illegal if cats or dogs were the victims.

Chickens

What Happens to Chickens?

More chickens are raised and killed for food than all cows, pigs, and turkeys combined, yet not a single federal law protects chickens from abuse—even though two-thirds of Americans say that they would support such a law.

Chickens raised and killed for their flesh spend their entire lives in filthy sheds reeking of ammonia with tens of thousands of other birds. They are dosed with a steady stream of drugs and bred to grow so large so quickly that many become crippled under their own weight or suffer organ failure.

A *New Yorker* writer who visited a major chicken factory farm wrote, “I was almost knocked to the ground by the overpowering smell of feces and ammonia. My eyes burned and so did my lungs, and I could neither see nor breathe.”

Many chickens suffer from chronic respiratory diseases, weakened immune systems, and bronchitis. According to a study by *Consumer Reports*, two-thirds of grocery-store chicken meat is contaminated with dangerous salmonella and campylobacter bacteria or both.

After six weeks in these horrible conditions, the birds are roughly thrown into cages that are stacked on the back of a truck, and then they are shipped through all weather extremes to the slaughterhouse.

At slaughter, workers violently grab them and hang them upside down by their legs, which they force into shackles, often breaking bones in the process. The birds’ throats are cut while they are still conscious. Those who manage to evade the blade are scalded to death in defeathering tanks.

According to egg industry representatives, most hens are crammed six to a cage, and each bird

Chicks have portions of their sensitive beaks cut off without any painkillers.

Most small farms have been replaced or bought out by massive corporate-run “factory farms” in which chickens, pigs, turkeys, and cows are treated like machines instead of living, feeling individuals. Now, 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 trying to obscure reality with images of animals who are living peacefully in an idyllic barnyard. Unfortunately, this pretty picture couldn’t be any further from the truth.



© Everyday Animals/Catzy Images



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



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 often can't spread even one wing.

Turkeys and chickens often 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.

“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 ‘unhealthy.’”
Michael Greger, M.D.

lives her entire life in a space equal to about three-quarters of a sheet of notebook paper. Their wings and legs atrophy from disuse, and their legs and feet become deformed from standing on slanted wire cage bottoms. The tip of each hen's sensitive beak is seared off with a hot blade. After about two years of confinement, they are violently pulled from their cages and shipped to slaughter. Their bodies are already so battered and emaciated that they can be used only for processed foods like soup or cat and dog food.

The male chicks are worthless to the egg industry because they don't lay eggs and because their breed is too small to be raised for flesh.

The egg industry kills millions of newborn male chicks every year by dropping them alive into high-speed grinders.

Undercover Investigations Workers at a Pilgrim's Pride slaughterhouse (the largest chicken supplier in the United States) were documented stomping on live chickens, spray-painting their faces, and slamming them into walls. Workers at a Butterball slaughterhouse were documented punching and stomping on live turkeys and even sexually assaulting them. Chickens and turkeys have no federal legal protection. Watch the undercover videos at PETA.org.

Amazing Animals: Chickens

Research has proved that chickens are as smart as dogs, cats, and even some primates. 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. Unfortunately, chickens in factory farms never meet their mothers.



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





Cows

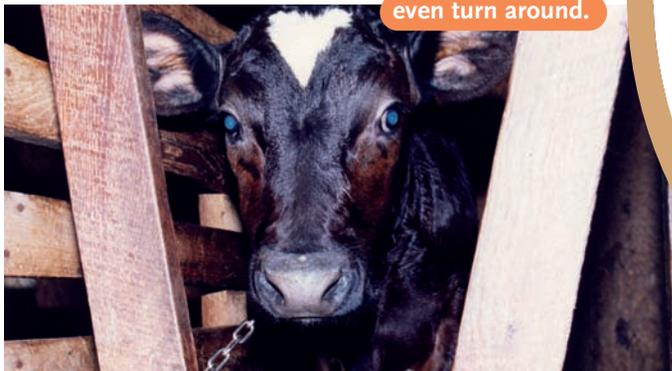
Down on the Dairy Farm

The corporate-owned dairy factories that have bought out or replaced most small farms treat cows like milk machines. To boost production, many farmers inject cows with synthetic growth hormones, which increase the cows' risk of developing mastitis, a painful infection. Cows produce milk for the same reason that humans do: to nourish their offspring. Their calves are traumatically taken from them shortly after birth. Female calves are added to the dairy herd or are slaughtered for the enzyme rennet in their stomachs (used to make cheese). When their milk production wanes after about four or five years, the mother cows are killed and ground up to make burgers.

The Link Between Dairy Products and Veal

On many dairy farms, unwanted male calves are sold into the veal industry. Chained by their necks inside tiny stalls that reek of ammonia from accumulated waste, they are unable to take even one step in any direction, turn around, or lie down comfortably. Calves used for veal are killed when they're just a few days to a few months old.

Calves used for veal are confined to crates so small that they can't even turn around.



Cows spend their lives in cramped sheds and fenced-in enclosures, mired in mud and their own waste.

What Happens to 'Beef Cattle'?

"Beef cattle" spend most of their lives on extremely crowded feedlots. Ranchers have found that they can maximize profits by giving each steer less than 20 square feet of living space—the equivalent of putting a dozen half-ton steers in a typical American bedroom! Steers undergo painful procedures such as branding, castration, and dehorning without pain relief. They often die of pneumonia, dehydration, or heat exhaustion from spending long periods without food or water in crowded trucks while being transported to feedlots or slaughterhouses.

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 human beings. Cows also interact in socially complex ways, so that a herd of cows is very much like a pack of wolves, with alpha animals and complex social dynamics, including friendships that develop over time.



Ask the Experts

"Aren't there laws that protect farmed animals?"

The array of abuses that are inflicted on animals in factory farms, from mutilating pigs' ears and teeth to chopping off the beaks of chickens and turkeys to castrating animals without pain relief as well as the ways in which they're crammed into these farms, transported, and slaughtered, would be illegal if dogs or cats were the victims. Unfortunately, there is not a single federal law that protects farmed animals on U.S. factory farms. While a recent Gallup survey showed that 96 percent of Americans believe that animals deserve legal protection, the massive meat, dairy, and egg industries give millions of dollars every year to politicians to prevent the enactment or enforcement of laws that would protect farmed animals.

*Professor Ned Buyukmihci, D.V.M.,
University of California—Davis School
of Veterinary Medicine*

Downed Cow: The True Story of One Anonymous Animal Born Into the Meat Industry

© Animal Farm, (right) © Vinai



© Jessie Pierce

The truck carrying this cow was unloaded at Walton Stockyards in Kentucky one September morning. After the other animals were removed from the truck, she was left behind, unable to move. The stockyard workers used their customary electric prods in her ear to try to get her out of the truck, then beat and kicked her in the face, ribs, and back, but still she didn't move. They tied a rope around her neck, tied the other end to a post in the ground, and drove the truck away. The cow was dragged along the floor of the truck and fell to the ground, landing with both hind legs and her pelvis broken. She remained like that until 7:30 that evening.

For the first three hours, she lay in the hot sun crying out. Periodically, when she urinated or defecated, she used her front legs to drag herself

along the gravel roadway to a clean spot. She also tried to crawl to a shaded area but couldn't move far enough. Altogether, she managed to crawl a painful 13 to 14 yards. The stockyard employees wouldn't allow her any drinking water; the only water she received was given to her by Jessie Pierce, a local animal rights activist, who had been contacted by a woman who witnessed the incident. Jessie arrived at noon. After receiving no cooperation from stockyard workers, she called the Kenton County Police. A police officer arrived but was instructed by his superiors to do nothing; he left at 1 p.m.

The stockyard operator informed Jessie that he had permission to kill the cow but wouldn't do it until Jessie left. Although doubtful that he would keep his word and end the animal's

suffering, Jessie left at 3 p.m. She returned at 4:30 p.m. and found the stockyard deserted. Three dogs were attacking the cow, who was still alive. She had suffered a number of bite wounds, and her drinking water had been removed. Jessie contacted the state police. Four officers arrived at 5:30 p.m. A state trooper wanted to shoot the cow but was told that a veterinarian should kill her. The two veterinarians at the facility would not euthanize her. The butcher finally arrived at 7:30 p.m, more than seven hours after Jessie had found the suffering cow, and killed her.

When the stockyard operator was questioned by a reporter from *The Kentucky Post*, he stated, "We didn't do a damned thing to it," and referred to the attention given to the cow by humane workers and police as "bullcrap." He laughed throughout the interview, saying that he found nothing wrong with the way the cow had been treated.

This is not an isolated case. It is so common that animals in this condition are known in the meat industry as "downers." After PETA brought much-needed attention to this issue, the Kenton County Police Department adopted a policy requiring that all downed animals be immediately euthanized, whether they are on the farm, in transit, or at the slaughterhouse. Sadly, these policies are uncommon and often weakly enforced, and downed animals continue to suffer everywhere. The only way to ensure that downed animals don't suffer for your food is to adopt a healthy, humane vegan diet.

© Animal Farm



Pigs

What Happens to Pigs?

Pigs on factory farms are castrated and have hunks of flesh cut from their ears, the tips of their teeth cut off with wire cutters, and their tails chopped off—all without any painkillers.

“Breeding” pigs on factory farms are forcibly impregnated several times during their short lives and are confined to stalls that are barely larger than their own bodies; they literally go insane from being unable to turn around for virtually their entire lives. These cruel crates have been banned or are being phased out in many places, including the European Union and several U.S. states.

The accumulation of filth, feces, and urine in the sheds causes more than half of pigs to suffer from pneumonia,



Pigs do not receive any pain relief when they have the ends of their teeth cut off with wire cutters.

One million arrive dead from the journey. The sheer number of animals killed makes it impossible for them to be given humane, painless deaths. Because of improper stunning, many pigs drown or are scalded to death when they are dropped, still alive, into the tanks of scalding-hot water that are intended to soften their skin and remove their hair.



Pigs spend their lives in crates so small that they can't even turn around.

and one-quarter of pigs have agonizing mange by the time they reach the slaughterhouse. Drugs and genetic breeding cause pigs to become so lame that they are crippled or, at best, can barely walk— 420,000 pigs a year arrive crippled.



Many pigs go insane from extremely crowded conditions on factory farms and compulsively chew on the bars of their pens.

Q & A

Ask the Experts

“But fish aren’t like dogs or cats, are they?”

Fish are our fellow citizens with scales and fins ...

I would never eat anyone I know personally.

I wouldn't

deliberately eat a grouper any more than I'd eat a cocker spaniel.

They're so good-natured, so curious. You know, fish are sensitive, they have personalities, they hurt when they're wounded.

Sylvia Earle, Ph.D., former chief scientist, U.S.

National Oceanic & Atmospheric Administration



Amazing Animals: Pigs

Pigs are as smart as dogs and every bit as friendly, loyal, and affectionate. Pigs can play video games far more successfully than dogs can and even better than some primates can (watch a video about this at PETA.org). Asked to compare a pig's cognitive development to that of a 3-year-old human child, professor Donald Broom of Cambridge University Veterinary School says, “[Pigs] have the cognitive ability to be quite sophisticated. Even more so than dogs and certainly [more so than] 3-year-olds.”

Fish

Dragged from the ocean depths, fish suffer from decompression, suffocation, and being crushed.



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 swimbladders, 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.

Now that commercial fishing has depleted the oceans of "target" fish, the seafood industry has turned to raising fish in contained fish farms, a practice known as "aquaculture," which uses either tanks on land or cages in the ocean. 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 suffocate when the water in their tank is simply drained away.

"Don't they have to treat animals well for them to 'produce'?"

No. Factory-farmed animals are sick and diseased, but the meat industry has decided that the money saved by keeping all the animals in crowded and filthy conditions outweighs the financial costs incurred when some of the animals die. National Hog Farmer succinctly says that "crowding pigs pays." 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** explains that "chickens are cheap, cages are expensive."

To read more about the suffering and environmental devastation caused by fish farms, visit PETA.org/Fishing.



The thin mesh of commercial fishing nets cuts into the flesh of many fish, causing blood loss and strangling them in the water or in the net as it is dragged aboard.

© Alaska Fisheries Center, Marine Observer Program

Eating Meat Harms the Planet

Climate Change

According to a recent United Nations report, a global shift toward a vegan diet is necessary to combat the worst effects of climate change (because of emissions of carbon dioxide, methane and nitrous oxide). Researchers at the University of Chicago determined that switching to a vegan diet is 50 percent more effective than switching from a regular car to a hybrid

in reducing your impact on climate change.

Pollution

Farmed animals produce about 130 times as much excrement as the entire human population of the U.S. Many of the millions of pounds of excrement and other waste (contaminated with antibiotics, arsenic, and other chemicals) produced by U.S. factory farms are stored

in sprawling lagoons. The toxic waste in these lagoons often seeps or spills out into surrounding waterways and kills massive numbers of fish and other animals.

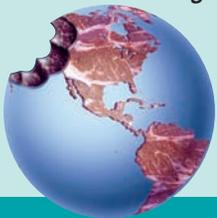
Water Resources

More than half of all the water consumed in the U.S. is used to raise animals for food. By simply going meat-free, you will save 95,000 gallons of water a year.

"If anyone wants to save the planet, all they have to do is just stop eating meat. ... It's staggering when you think about it. Vegetarianism takes care of so many things in one shot: ecology, famine, cruelty."
—Sir Paul McCartney



Raising animals for food is "one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global." —United Nations





Making the Transition

There's no mystery to creating deliciously satisfying vegan meals. Tasty alternatives to the animal ingredients that you may be cooking with are easier to find than ever—many are as close as your corner supermarket.

1

If you're just getting started, you may want to try simply "vegging up" your favorite recipes by replacing the meat. Replace the beef in burritos with beans and grilled veggies, or try vegan beef crumbles (which can be found in the freezer section). Top baked potatoes with margarine, faux bacon bits, or vegan sour cream. Make homemade pizza with nondairy cheese, mock pepperoni, and vegetable toppings. Many canned soup flavors that you're probably already used to are vegan, like black bean, lentil, minestrone, tomato, and vegetable. Have spaghetti with marinara sauce or add veggie meatballs.



2

Try the ever-growing lineup of mock meats, including veggie burgers, "hot dogs," "turkey," "ham," "chicken," and "roast beef" slices, "riblets," and "chicken" patties. Not only are mock meats delicious, they're also high in healthy plant protein and low in saturated fat, and they contain zero cholesterol. A few of the "meatiest" choices include the Boca brand burgers, crumbles, and faux chicken nuggets and patties. Check out our taste reviews and recommendations at PETA.org.



3

Purchase some great vegan cookbooks, or borrow them 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. Or visit PETA.org/VeganLiving for hundreds of recipes, cooking tips, a shopping guide, and info on the best new products.



4

Explore the many vegan foods that have been popular in other countries for years, like hummus (a tangy spread made from chickpeas), vegetable curries, and falafel (a spicy mix of beans made into patties and "meatballs"). Enjoy Mexican-style beans-and-rice dishes, Japanese vegan sushi with avocado and cucumber, and Thai and Indian curries.



5

Always eating on the run? Check out the increasing variety of vegan microwavable meals, like Amy's Black Bean Enchilada With Spanish Rice or Yves' Thai Lemongrass Veggie Chick'n. Or get some vegan deli slices, and pile on some guacamole, mustard, and veggies—voilà, you've got a tasty, quick sandwich. The possibilities are endless, so get shopping!

Try These Easy Substitutes!



Q & A

“Where can I get vegan foods in my town?”

You can now find veggie burgers and other mock meats as well as rice, soy, and almond milks in pretty much every supermarket nationwide, including Walmart. If you don't see a certain product at your local grocery store, just ask—store managers want suggestions from their customers. Of course, a large percentage of the foods that you already eat are vegan, including many cookies, chips, breads, crackers, pastries, cereals, soups, and candies, along with staples like pasta, oatmeal, beans, nuts, vegetables, rice, fruit, and peanut butter.

Then

Now

Meat

Try Boca's veggie burgers, faux chicken patties, and “beef” crumbles; Morningstar Farms' faux chicken strips; Gardenburger's “riblets”; Field Roast's “sausages”; Lightlife's “bacon”; Gardein's herb Dijon “breasts”; and Yves' and Turtle Island Foods' faux ham and turkey deli slices—the possibilities are endless!

Milk

Try the dozens of vegan options, such as Silk, WholeSoy, Rice Dream, and Almond Breeze brands; use them in any way that you'd use cow's milk. And try the delicious nondairy coffee “creamers”!

Butter

Most margarines are vegan; also try vegetable, coconut, and olive oils.

Ice Cream

Try Soy Delicious, Tofutti, Rice Dream, Soy Dream, or fruit sorbets.

Cheese

Use vegan cheese for pizza, sandwiches, toppings, and sauces. Try Tofutti, Follow Your Heart, Daiya, or VeganRella brands.

Cream Cheese

Try Tofutti Better Than Cream Cheese.

Sour Cream

How about Tofutti Sour Supreme?

Eggs

For baking, use Ener-G Egg Replacer, bananas, or applesauce. For breakfast, scramble up some tofu with veggies, turmeric, nutritional yeast, and soy sauce.

Snacks

Check the ingredient lists of snacks like chips and cookies—you'll be surprised at how many are already vegan.

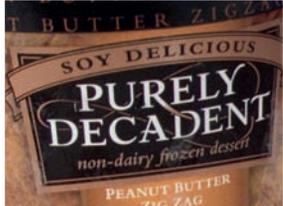
Mayonnaise

Try Vegemaise—your taste buds won't know the difference.



© Food Icons/Jupiterimages

Check out our vegan shopping guide at PETA.org/VeganLiving.





Recipes for Life

It's easy once you know how. Here are recipes, tips, and ideas to get you started.



Blueberry Pancakes

- 1 cup whole-wheat flour
- 1 cup white flour
- 3 Tbsp. sugar
- 3 Tbsp. baking powder
- 1 tsp. sea salt
- 2 cups vanilla soy milk
- 3 Tbsp. canola or safflower oil
- ½ cup frozen blueberries
- ½ cup fresh blueberries

- Combine the first five ingredients in a bowl and sift together. Add the soy milk and the oil and mix until smooth.
- Ladle onto a hot pancake griddle. Add the frozen blueberries. Cook for 2 to 3 minutes on each side.
- Serve with the fresh blueberries.

Makes 4 to 6 servings

Breakfast

Eating breakfast out? Try a bowl of grits or oatmeal, hashbrowns, a bagel or toast with jelly, or a fruit cup. Take along your own dairy-free margarine or a cream cheese substitute. For breakfast at home, try the following:

- Fry up some sliced boiled potatoes and onions for homemade home fries. Serve them with soy bacon or faux sausage.
- Visit VegCooking.com for vegan recipes for French toast, Spanish omelettes, and even crêpes.
- Try a toasted bagel with Tofutti brand Better Than Cream Cheese.
- You can find vegan cereal anywhere—just serve it with soy or rice milk (or apple juice) instead of cow's 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, as are Pepperidge Farm's apple and cherry turnovers.

Recipe photos: © Steve Lee Studios

- ½ cup water
- 2 Tbsp. baking powder
- 1 lb. mock chicken (try Morningstar Farms' Chik'n Strips)
- ¾ cups vegetable oil

- Mix together the salt, onion powder, pepper, garlic powder, flour, and nutritional yeast in a deep bowl. In a separate bowl, dilute the mustard with the water. Add ⅓ cup of the flour mixture to the mustard mixture and stir. Combine the baking powder with the remaining flour mixture.
- Dip chunks of the mock chicken into the mustard batter, then drop into the flour mixture to coat with the desired amount of "crust." Heat the oil in a large skillet over medium-high heat (or use a deep fryer) and fry until crispy and golden brown, turning as needed.

Makes 4 servings

Lunch or Dinner

Dining out for lunch or dinner is a snap. Most restaurants serve at least one vegan meal, and many will adapt an entrée for you. Look for salads, baked potatoes, rice or pasta dishes with vegetables or a meat-free tomato sauce, Thai and Indian curries, bean burritos, falafel, and vegan pizza with lots of vegetables but no cheese. You may even find a veggie burger on the menu!

Fried 'Chicken'

- 1 tsp. salt
- ½ tsp. onion powder
- 1 tsp. pepper
- 1 tsp. garlic powder
- 2 cups unbleached white flour
- ¼ cup nutritional yeast
- 3 Tbsp. yellow mustard





Crunchy Vegetable Wraps

- ¼ cup nondairy cream cheese
(try Tofutti brand)
- 4 10-inch flour tortillas
- 1 cup shredded spinach
- ¼ cup alfalfa sprouts
- ½ cup shredded red cabbage
- ½ cup sliced avocado
- ¼ cup chopped tomatoes
- ½ cup diced cucumbers

- 2 Tbsp. finely diced red onion
- Salt and pepper, to taste

- Spread 1 Tbsp. of the “cream cheese” on each tortilla. Sprinkle an even amount of the remaining ingredients on each wrap and roll up.

Makes 4 servings



Appetizers

Appetizers 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'oeuvres:

Whip up a seven-layer Mexican dip using refried beans, black olives, salsa, shredded Daiya cheese, Tofutti brand “sour cream,” sliced green onions, and jalapeños.

Veganize that old standby, pigs in a blanket, using tofu hot dogs wrapped in puff pastry. (Pepperidge Farm brand puff pastry and Pillsbury Crescent Rolls are vegan.)

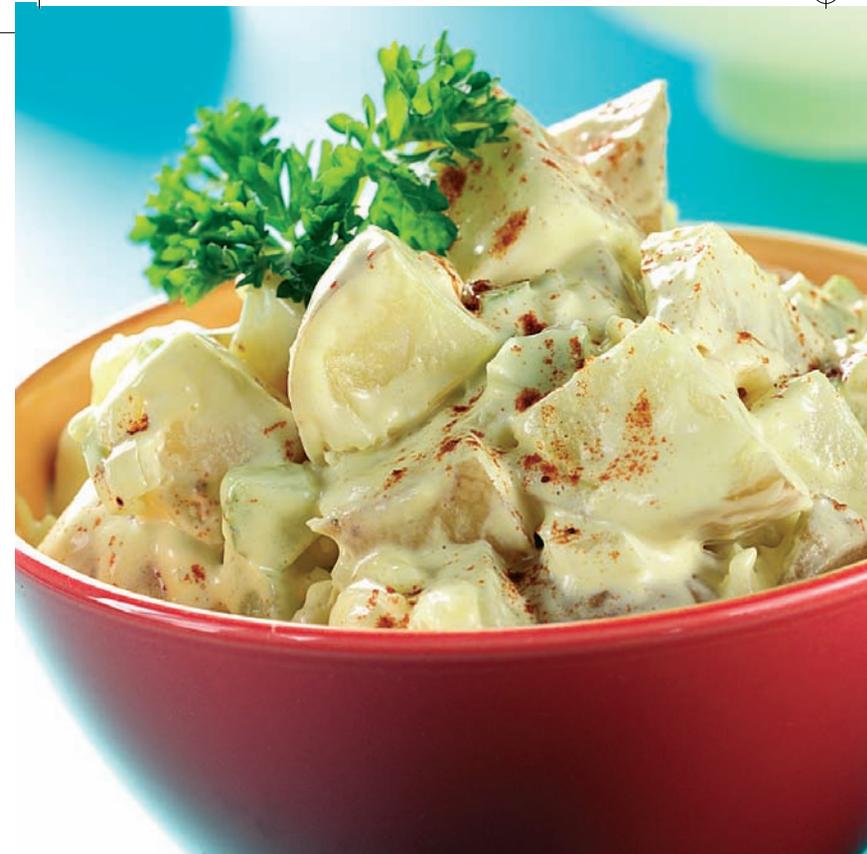
Shake 'n Bake bite-size pieces of mock chicken or tofu and serve them with toothpicks.

Pesto Pasta

- ⅔ cup basil pesto
- 1 9-oz. pkg. fresh fettuccine
- 1 Tbsp. olive oil
- 3 cloves garlic, minced
- 2 cups sliced roasted red bell peppers
- ½ cup pitted olives, halved lengthwise
- Salt and pepper, to taste

- Place the pesto in a large bowl.
- Cook the pasta according to the package instructions.
- While the pasta is cooking, heat the oil in a large skillet over medium-high heat. Add the garlic and cook, stirring until soft and fragrant, about 30 seconds. Add the peppers and olives and cook, stirring until hot, about 3 minutes. Season with the salt and pepper.
- Drain the cooked pasta, reserving ⅓ cup of the water. Whisk the pasta water into the pesto.
- Add the pasta to the pesto and toss to combine. Add the peppers and olives and combine.
- Divide among 4 bowls and serve immediately.

Makes 4 servings



'Creamy' Potato Salad

- 6 medium potatoes
- ½ cup eggless mayonnaise
(try Vegenaise or Nayonaise)
- ¼ cup yellow mustard
- 2 Tbsp. distilled white vinegar
- ½ onion, chopped
- ½ cup chopped celery
- Salt and pepper, to taste
- Paprika (optional)

- Cut the potatoes into cubes and cook in boiling water for 20 minutes. Drain and let cool completely. In a large bowl, combine with the remaining ingredients. If desired, sprinkle with paprika.

Makes 4 to 6 servings

Hearty 'Beef' Cassoulet

- 6 garlic cloves, minced
- 1½ cups chopped onions
- 1 Tbsp. dried thyme
- 3 bay leaves
- ½ tsp. marjoram
- 1 tsp. dried rosemary
- 3 Tbsp. olive oil
- ½ cup red wine
- 1 cup peeled and sliced carrots

- ¾ cup sliced celery
- 1 cup cubed potatoes
- 1 cup diced tomatoes
- ¾ cup cubed seitan
- 2 Tbsp. molasses
- 2 Tbsp. Dijon mustard
- 1 15-oz. can kidney beans, drained
- 1 15-oz. can navy beans, drained
- Sea salt and black pepper, to taste
- 1 cup whole-wheat bread crumbs mixed with 3 Tbsp. olive oil

- Preheat the oven to 350°F.
- In a large pot, sauté the garlic, onions, thyme, bay leaves, marjoram, and rosemary in the olive oil for about 2 minutes.
- Add the wine, cover, and simmer for 5 minutes.
- Add the carrots, celery, potatoes, and tomatoes and simmer for 10 minutes.
- Add the seitan, molasses, mustard, beans, salt, and pepper. Heat through.
- Transfer to 6 15-oz. oiled casserole dishes. Top with the bread crumbs, cover, and bake for about 45 minutes.

Makes 6 servings

Wild-Mushroom Stroganoff

- 1 Tbsp. extra-virgin olive oil
- 1 medium-size yellow onion, diced
- 1 cup quartered baby portobello mushrooms
- 1 cup quartered shiitake mushrooms
- 1 cup quartered button mushrooms
- 1 Tbsp. whole-wheat pastry flour
- 1 can mushroom gravy (try Campbell's brand)
- 1 cup vegetable stock
- ½ cup soy sour cream (try Tofutti brand)
- 1 Tbsp. ground mustard
- ¼ cup chopped parsley

- Heat the oil and sauté the onion and the mushrooms. Sprinkle in the flour and cook to a paste. Add the gravy and the vegetable stock and simmer for 20 minutes.
- Mix the soy sour cream and the mustard together. Pour into the mushroom mixture and heat through.
- Garnish with the parsley.

Makes 4 servings

Recipe photos: © Steve Lee Studios

Enchilada Bake

- 1 12-oz. bag of Boca brand “burger” crumbles (or your favorite vegan brand)
- 1-oz. pkt. of taco seasoning
- 2 Tbsp. vegetable oil
- ½ cup minced scallions
- 2 Tbsp. all-purpose flour
- 1 cup vegetable stock
- 2 3-oz. cans pinto beans, drained
- 2 20-oz. cans of vegan enchilada sauce
- 12 corn tortillas
- 1 bag shredded Daiya cheese (or your favorite vegan brand)
- 1 4.5-oz. can diced green chilies
- 1 2-oz. bag Fritos, crushed

- In a bowl, mix the burger crumbles with the taco seasoning and toss to coat. Set aside.
- Heat the oil in a skillet over medium heat. Add the scallions and cook for 3 minutes, or until softened. Stir in the flour and cook for 1 minute. Add the stock and cook, stirring, to achieve a smooth consistency, about 1 minute. Add the pinto beans and set aside.
- Preheat the oven to 375°F.
- Spray a 9-by-13-inch baking pan with oil. Cover the bottom of the pan with a layer of the enchilada sauce. Layer 4 corn tortillas and the pinto bean mixture on top. Follow with part of

the soy cheese and half of the green chilies, more enchilada sauce, and 4 more tortillas. Add the burger crumbles mixture, more soy cheese, the rest of the green chilies, and more enchilada sauce. End with the remaining tortillas, enchilada sauce, and soy cheese.

- Cover with foil and bake for 30 minutes. Remove the foil, top with the Fritos, and bake another 10 to 15 minutes, or until bubbly and browned.

Makes 9 servings

Sweet-and-Sour ‘Meatballs’

- 1 lb. ground beef substitute (try Lightlife Gimme Lean)
- ½ green pepper, finely chopped
- 1 small onion, finely chopped
- 1–2 cloves garlic, crushed
- 2 slices white bread, crumbled
- Egg replacer equivalent of 2 eggs
- Salt and pepper, to taste
- Oil sufficient for frying
- 6 oz. chili sauce
- 5 oz. red currant jelly

- Combine all the ingredients, except the oil, chili sauce, and jelly, in a bowl

and stir until well mixed. Heat the oil in a skillet, using enough to coat the bottom of the pan. Form the “beef” mixture into 1-inch balls and fry in the oil until browned.

- Meanwhile, place the chili sauce and the jelly in a saucepan. Heat and stir until smooth. Add the browned mock meatballs and stir to coat well. Simmer over low heat for 5 to 10 minutes.

Makes approximately 20 1-inch balls



Quick-and-Easy Snacks

Microwave tortillas and fill them with canned refried beans, Daiya cheese, salsa, guacamole, and corn for easy burritos.

Zap a veggie burger in the microwave and put it on a bun with your favorite condiments and toppings.

Heat sliced veggie dogs and canned vegan-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 favorite vinaigrette.





Shepherd's Pie

- 4 medium potatoes, diced
- 2 Tbsp. margarine
- ½ cup soy milk or liquid nondairy creamer
- Salt and pepper, to taste
- 1 12-oz. bag Morningstar Farms brand burger crumbles (or your favorite brand)
- 1 can vegan mushroom gravy (try

- Campbell's brand)
- 1 small can mixed peas and carrots, drained
- Garlic powder and cayenne pepper, to taste

- Preheat the oven to 350°F.
- Boil the potatoes for 20 minutes, or

until tender. Drain and mash with the margarine and soy milk or nondairy creamer. Add the salt and pepper, to taste.

- In a medium bowl, mix the crumbles, mushroom gravy, peas, carrots, garlic powder, and cayenne. Pour into a pie pan. Top with the potatoes, spreading them to the edges of the pan. Bake for 30 to 40 minutes, or until the potatoes are browned.

Makes 4 servings

Spinach Lasagne

- ½ lb. lasagne noodles
- 2 10-oz. pkgs. frozen chopped spinach, thawed and drained
- 1 lb. soft tofu
- 1 lb. firm tofu
- 1 Tbsp. sugar
- ¼ cup soy milk
- ½ tsp. garlic powder
- 2 Tbsp. lemon juice
- 1 Tbsp. minced fresh basil
- 2 tsp. salt
- 1 qt. tomato sauce

- Cook the lasagne noodles according to the package directions. Drain and set aside.
- Preheat the oven to 350°F.
- Squeeze the spinach as dry as possible and set aside.
- Place the tofu, sugar, soy milk, garlic powder, lemon juice, basil, and salt in a food processor or blender and blend until smooth. Stir in the spinach.
- Cover the bottom of a 9-by-13-inch baking dish with a thin layer of the tomato sauce, then a layer of noodles (using about one-third of the noodles). Follow with half of the tofu filling. Continue in the same order, using half of the remaining tomato sauce and noodles and all of the remaining tofu filling. End with the remaining noodles, covered by the remaining tomato sauce.
- Bake for 25 to 30 minutes.

Makes 6 to 8 servings



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 purée.

• Get creative with fake meats—top your pizza with veggie burger crumbles, veggie bacon, or veggie pepperoni.

• Try nutritional yeast or soy Parmesan for a traditional cheesy taste.

• For a Mexican pizza, try refried beans, tomatoes, soy cheese, and salsa.

• Try these brands of vegan cheeses:
Daiya, Follow Your Heart, Tofutti, or VeganRella.

Recipe photos: © Steve Lee Studios



Chocolate Mousse

1¼ lbs. silken tofu
¾ cup semisweet chocolate chips, melted

- In a blender, purée the tofu until smooth. Add the melted chocolate and blend thoroughly. Pour into 6 individual dessert bowls and chill.
- *Optional:* Dust with powdered sugar or top with a strawberry or other berries.

Makes 6 servings

Dessert

Baking is easy with vegan egg replacer (available in supermarkets and health-food stores). Use soy, almond, or rice milk in place of cow's milk in your favorite desserts.

Strawberry-Mango Crisp

For the Fruit Mixture:

1 qt. quartered strawberries
2 cups diced mango
¼ cup sugar
¼ cup flour

For the Topping:

1 cup flour
½ cup rolled oats
1 cup brown sugar
½ cup (1 stick) margarine

- Preheat the oven to 400°F.
- Mix the ingredients for the fruit mixture together in a large bowl. Spread evenly into a 2-quart casserole dish. Set aside.
- Mix the dry ingredients for the topping together in a medium bowl. Cut in the margarine until the mixture resembles small peas. Spread evenly over the fruit mixture. Bake for 35 to 45 minutes, or until bubbly. Serve warm with nondairy ice cream.

Makes 6 servings



Sandwiches

Sandwich fillings can be just about anything that you have on hand:

Stuff a baguette with lettuce, tomato, veggie bologna or turkey, and nondairy cheese slices.

Dress up a bagel with tofu cream cheese and olives or veggie salami.

Fill a pita with faux tuna or chicken salad. Try Worthington's Chic-Kette or Morningstar Farms' Chik'n Strips mixed with vegan mayonnaise and celery.

Make a grilled "cheese" sandwich with nondairy cheese, such as Daiya or Follow Your Heart

Fudge Mint Brownies

1 cup granulated sugar
1 cup plus 6 Tbsp. margarine
1 cup flour
½ tsp. salt
16 oz. chocolate syrup
1 tsp. vanilla
1 cup confectioner's sugar
2 Tbsp. green crème de menthe
1 cup chocolate chips

- Preheat the oven to 350°F.
- In a large bowl, using an electric mixer, cream together the granulated sugar and ½ cup of the margarine. Mix in the flour and salt, then add the chocolate syrup and vanilla and mix until thoroughly combined.

- Spread into a greased 9-by-13-inch pan and bake for 30 minutes. Cool completely.
- Meanwhile, mix together the confectioner's sugar, ½ cup of the margarine (melted and cooled), and the crème de menthe. Spread over the cooled cake.
- Melt together the remaining 6 Tbsp. of margarine and the chocolate chips and cool slightly. Spread over the crème de menthe mixture.
- Refrigerate until set, then cut into 1-inch squares. Chill thoroughly again before serving.

Makes 6 servings





When You're Away From Home



© Steve Lee Studios

Restaurant options for vegan diners keep getting better and better. Whether you're a fast-food fan or a gourmet connoisseur, a great place to learn about vegan restaurant options is the "Dining Out" section of PETA.org/VeganLiving. Here are a few more tips.

- 1 An easy way to try new foods is to go to restaurants that offer a variety of vegan entrées. Eating Chinese? Try the bean curd (tofu) or vegetable dishes, or ask for vegetable fried rice (without eggs) and garlic eggplant. Some Asian restaurants even offer mock meats! Having Mexican? Order bean burritos, tacos, and tamales minus the cheese, or make a hearty meal out of refried beans mixed with Spanish rice and served with fresh tortillas, salsa, and guacamole. In Indian restaurants, you'll find fabulous vegetable curries, lentil soup, potato-filled samosas, and other delights. Japanese, Ethiopian, Middle Eastern, Thai, and other ethnic restaurants also offer delicious vegan items.

- 2 If you're stuck at a behind-the-times restaurant without much vegan variety, ask if the chef can whip up a vegan entrée. Most restaurants will gladly accommodate special requests, and you'll be surprised at the creativity of some chefs!

- 3 If you're attending a catered affair, ask the host or caterer ahead of time

if vegan options will be served—most catering companies are accustomed to serving vegan diners.

- 4 When dining at someone else's house, let your hosts know in advance that you're a vegan. Offer to bring a vegan dish to share. (This is a great way to introduce others to vegan eating.)

Eating on the Road

Hard Rock Café, Denny's, Chili's, Johnny Rockets, Red Robin, and Burger King all boast briskly selling veggie burgers on their menus. Taco Bell offers cheap vegan fare, such as bean burritos and veganized Crunch Wrap Supremes (be sure to add potatoes and guacamole!). Try vegan subs at Quiznos and Subway with fresh-baked breads and toppings. And try Chipotle's vegan burrito. Some locations even offer vegan "chicken" strips! Be sure to surf to VegGuide.org to do a bit of Web research on vegan and vegan-friendly restaurants in your destination city before your next trip.

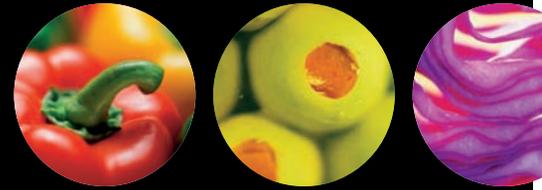
Fire Up the Grill!

Don't give up backyard barbecues just because you're not eating meat.

There are lots of great vegan burgers, "hot dogs," "riblets," "chicken" patties, and other mock meats that taste terrific straight from the grill. Top veggie burgers off with ketchup and mustard or with more creative condiments, such as salsa, guacamole, and hummus. Baste vegetable shish kebabs or soy chicken strips made by companies such as Morningstar Farms with Italian dressing or a teriyaki marinade, then grill them until the vegetables are slightly blackened, and voilà—a delicious summertime treat. Enjoy chocolate mousse (see page 21), fresh watermelon, or a nondairy ice cream sundae for dessert.



Resources



Online Resources

PETA.org

Everything you've ever wanted to know about animal rights and veganism, plus shopping tips, meal plans, and information on the best new vegan products!

PCRM.org

Website of the Physicians Committee for Responsible Medicine, which advocates plant-based nutrition for better health

petaz.com

The website for PETA's Youth Outreach Division and a resource for people aged 13 to 24 who want to learn more about animal rights and get free stuff

PETAMall.com

Your online one-stop cruelty-free shop

PETAKids.com

Games, contests, and prizes for kids who want to help animals

PETACatalog.com

The official online PETA catalog

PETAPrime.org

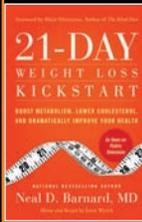
An online community for people in the prime of their lives who are celebrating kind choices

Books

Eating Animals

by Jonathan Safran Foer

An eloquently written personal journey through the world of factory farming



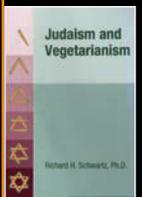
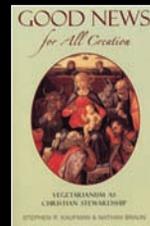
21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health
by Neal Barnard, M.D.

A step-by-step plan for getting healthy through a vegan diet

Good News for All Creation

by Dr. Stephen R. Kaufman and Nathan Braun

Why Christians should be vegetarians



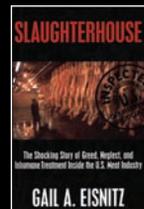
Judaism and Vegetarianism

by Dr. Richard Schwartz

Why Jewish mandates point toward vegetarianism

Slaughterhouse: The Shocking Story of Greed, Neglect, and Inhumane Treatment Inside the U.S. Meat Industry
by Gail Eisnitz

Blows the lid off USDA and meat-industry claims that animals are humanely slaughtered and lends new meaning to Paul McCartney's comment, "If slaughterhouses had glass walls, everyone would be vegetarian."



Veganist: Lose Weight, Get Healthy, Change the World
by Kathy Freston

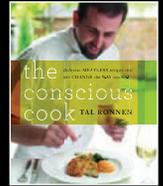
A thorough review of the benefits of a vegan diet for your health, animals, and the world

Cookbooks

The Conscious Cook: Delicious Meatless Recipes That Will Change the Way You Eat

by Tal Ronnen

Vegan cooking with a gourmet flair. Wow your friends and family with these beautiful, delicious dishes



The Kind Diet: A Simple Guide to Feeling Great, Losing Weight, and Saving the Planet

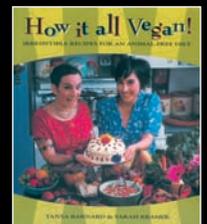
by Alicia Silverstone

A step-by-step plan by Alicia Silverstone to take you on a path to a cruelty-free diet, whether you're a new vegetarian or a long-time vegan

How It All Vegan! Irresistible Recipes for an Animal-Free Diet

by Tanya Barnard and Sarah Kramer

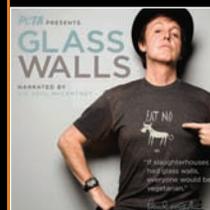
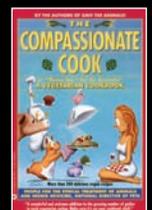
Delightfully demonstrates how vegan food can be fabulous, flavorful, and nutritious



The Compassionate Cook

by PETA and Ingrid E. Newkirk

The original cookbook full of the favorite recipes of PETA staff and members



Videos

'Glass Walls'

A 13-minute exposé about the lives and deaths of farmed animals, available at PETA.org

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