

Earth Peace Foundation
presents

What young people need
to know to go and stay vegan.



(photo: yummy: red lentil cauliflower burger with chipotle habanero mayo and onion rings)

Foreword:

Hi, my name is Lila Copeland and I am the founder of Earth Peace Foundation. At the time I am writing this guide, with my mom's help, I am 13. I have been vegan since I was 11. I have never eaten meat, as my mom was already vegetarian when I was born. My mom was raised in the McDonald's generation and taught by her parents and relatives that humans have to eat meat to live. Nothing could be further from the truth. It took her many years to learn and understand that humans have no need at all to eat meat and that humans are healthier and happier not consuming any animal products at all, going vegan.

I am creating this guide for all the students and young people we see in our travels doing outreach as well as our discussion forums in schools and clubs. (contact us if you'd like us to do a forum at your school or club!) We get into great discussions about going vegan and what it means to the animals, our planet, and our conscience. A big component of our forums are climate change and a clean plant food supply. All of these points work together to help us achieve peace on earth for all species, including humans. Scientists in the past five years have published findings that animal agriculture accounts for 51% of the toxic load on our atmosphere, water and earth – more than transportation and plastics combined. We cannot slow climate change without removing animals from our menus.

Also, when I first started Earth Peace Foundation and doing our forums, I was still in 5th grade. We did a couple of forums at my elementary school and I was thrilled when two of my closest girl friends said they would become vegan for the animals right away. Only, their parents would not allow them. Our parents on the whole are stuck in an old paradigm that no longer works for people, animals or the planet. It's up to us to educate them.

We want everyone who is inspired to go vegan, to go vegan. It is the single most powerful choice you can make in your life, for your health, for your spirit

and conscience and for the animals and planet. When you give up your contribution to the suffering and destruction that is our animal agriculture industry, your whole being gets lighter. You have more to give. You have more fire in your belly to create all kinds of positive things in your world. A great by-product of this shift is, for most people, you get to live longer and stronger.

So sit back, relax, and either read this guide yourself or give it straight to your parents. We will set to rest any concerns they have while also showing you how to be the healthiest and happiest you've ever been, living on a vegan diet.

There are a few myths that swirl around the issue of going vegan. Here we address a couple of the more prevalent ones.

If you stop eating meat, you won't get enough protein.

This is the most pervasive myth that stops humans from going vegan and it's the most nonsensical of them all. Plants are full of protein. Jeff Novick is just one of thousands of registered dieticians who agree:

" a plant based diet based predominately on a variety of minimally-processed lower-fat plant foods low in SOS, is more than adequate in protein and all the essential amino acids and that is the main point in regard to protein. Such a diet is also void of cholesterol, lower in fat, saturated fat, and rich in fiber and nutrients, including phytochemicals, and has been proven to prevent and even reverse disease, even in those seriously ill. "

Later in the guide I will talk about being a competitive athlete on a vegan diet. Please ask your parents to read this guide so they can understand how plants give us just as much protein as we need to grow and thrive.

You can't be healthy on a vegan diet

You can visit the abstract from the American Dietetic Association that was published by the National Institute for Health to read their position on this question (<http://www.ncbi.nlm.nih.gov/pubmed/19562864>)

"It is the position of the American Dietetic Association that appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases. Well-planned vegetarian diets are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes. A vegetarian diet is defined as one that does not include meat (including fowl) or seafood, or products containing those foods. This article reviews the current data related to key nutrients for vegetarians including protein, n-3 fatty acids, iron, zinc, iodine, calcium, and vitamins D and B-12."

Furthermore, it has been a long documented fact that Americans' most prevalent cause of death are heart disease and cancer, and that meat consumption is directly related to the prevalence of these diseases.

Vegans are sickly, they don't get b12 or vitamin D in their diets

There are many vegans, some somewhat famous, who do no supplementation of their vegan diets and who publish their blood test results every year showing that they are not deficient in any of these crucial vitamins and other minerals. (check out Fully Raw Christina on YouTube)

Vitamin D

The most vital way to get vitamin D is from the sun. That means getting outside during the hours of the day when the sun isn't at its strongest and soaking up some rays. It's been shown that meat eaters and vegans alike can be D deficient and there are a few different types of D. We recommend getting a blood test once a year to check all of your vitamin and mineral levels, and you will find out what kind of D your body needs more of, if any.

Eating mushrooms gives you vitamin D. Eating mushrooms left in the sun for an hour gives you even more vitamin D.

My mom takes a D3 supplement as prescribed by her doctor, once a week. I on the other hand am all good with all my D levels. Check out this video for a longer discussion about vitamin D.

<http://www.therawadvantage.com/2013/02/ways-to-get-vitamin-d/>

Vitamin B12

Again, there are many raw vegans and others who boast of getting vitamin B12 in their non-animal foods. For mom and I and the majority of the vegan population, we simply take a dropper of 5000 mcg B12 every day. It's cheap and easy and that's the end of that issue. If we weigh the heart disease, cancer and damage to animals and the planet required to get b12 from an animal source, and the alternative – being healthier and being kind to our earth and the animals, and taking a dropper once a day, the preference for us is obvious.

Our colleagues at Mercy for Animals gave us a color guide to plant foods that offer all the essential nutrients humans have become accustomed to getting through the slaughter of animals and the use of their by-products. We now share them with you so you can throw away the USDA provided “food pyramid” which is supported by lobbyist contributions from the animal agriculture industry and supplied in most public schools, in order to keep the public dependent on meat and animal products.













Calcium:

Everyone has been taught that drinking milk is the best if not only way to get calcium needed to be a healthy human. In reality, milk and dairy products are detrimental to human health. Cow's milk is designed by nature to be baby calf growth food, and since humans are not bovine, it's not good for us. You've heard of lactose intolerance, allergies and heart disease and prostate and other cancers associated with the consumption of dairy.

There are many scientific articles people can read about how dairy is an unhealthful way to get the calcium your bones need to be healthy and strong. We picked one from Physicians Committee and we follow it with the plant calcium chart from Mercy for Animals. (BTW Almond milk has 60% more calcium than cow's milk! That is unfortified! We buy almond milk without carrageenan and sometimes when I am really lucky my mom makes our own and it's the freshest most delicious thing out there.)

<https://pcrm.org/health/health-topics/calcium-and-strong-bones>

VEGAN SOURCES OF CALCIUM

 BROCCOLI 1 cup = 62mg	 COLLARD GREENS 1 cup = 266mg	 ALMOND MILK 1 cup = 450mg	 TOFU 1/2 cup = 253mg
 CHICK PEAS 1 cup = 80mg	 FORTIFIED ORANGE JUICE 1 cup = 300mg	 KALE 1 cup = 94mg	 PINTO BEANS 1 cup = 79mg
 RAISINS 2/3 cup = 53mg	 BRUSSEL SPROUTS 1 cup = 56mg	 QUINOA 1 cup = 80mg	 LENTILS 1 cup = 38mg

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Iron!

That crucial mineral that keeps our blood strong. Having the right amount of iron means having energy and strength to get our stuff done. Here is the chart:



Now we move into that ever controversial area of protein, which vegans have no problem at all getting on a well planned healthy diet low in processed foods. You can visit this link to see the daily recommended intakes of all the essential nutrients humans need to thrive:

http://www.nal.usda.gov/fnic/DRI/DRI_Tables/estimated_average_requirements.pdf

As you can see, different humans, at different ages and stages need different amounts of protein. I am in a category of human at this stage in my life who needs a lot of protein. Because I am female, in the middle of a growth intensive stage and a competitive athlete who trains 5-6 days every week, my mom and pediatrician and coach decided my target for daily protein intake is 90-100 grams. A girl my age without training would need about 70 or so.

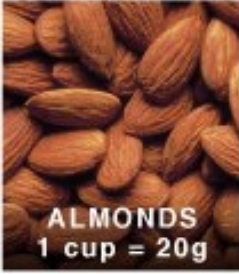










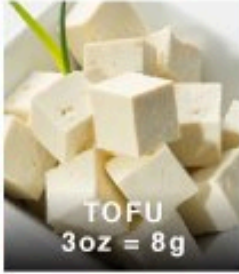
My favorite sources of protein are organic tempeh (this is the healthiest way to eat soy, because it is fermented and it is not genetically modified), I love love love good organic refried beans, black and pinto, brown rice, broccoli, quinoa (this is the highest protein yield of any grain on the planet) and lentils. I eat organic tofu 1-2 times a week as well.

I start every morning with 60 grams of saturated fat free protein in my breakfast. That's way more than meat eaters take on any given day. My mom makes me either gluten free organic oats with fresh fruits and almond milk or a toasted bagel with almond butter spread on it. That part has 10-15 grams of protein in it. My protein/sports smoothie has 50 grams of protein. Here are the ingredients:

Frozen organic berries, mango, peach
One big fresh banana
2 cups of organic plain almond milk
2 scoops of Growing Naturals organic rice protein
3 tablespoons of shelled hemp seed hearts
1 scoop of organic cacao powder
(you can add greens to this! A fistful of kale, spinach or other leafy green would be delish)

I added this information for athletic vegan kids. If you are a kid who is moderately active, maybe you just do P.E. at school and shoot the occasional hoops with your friends, you do not need this much protein in your diet. I run about 30 miles every week and race competitive track and I surf. So, my body needs the extra protein to keep building muscle and to keep my brain and blood strong. Here is the protein chart for food sources:

VEGAN SOURCES OF PROTEIN

 <p>ALMONDS 1 cup = 20g</p>	 <p>AVOCADOS 1 cup = 3g</p>	 <p>BLACK BEANS 1 cup = 15g</p>	 <p>BROCCOLI 1 stalk = 7g</p>
 <p>HUMMUS 1 cup = 12g</p>	 <p>LENTILS 1 cup = 18g</p>	 <p>OATMEAL 1 cup = 11g</p>	 <p>PEANUT BUTTER 1oz = 7g</p>
 <p>PUMPKIN SEEDS 1oz = 5g</p>	 <p>QUINOA 1 cup = 8g</p>	 <p>TEMPEH 1oz = 5g</p>	 <p>TOFU 3oz = 8g</p>

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This guide scratches the surface on simply how to be sure you are giving your body all it needs to thrive with a vegan diet.

The whole realm of how delicious vegan food is, is a whole other story that we could go on about for weeks. You can make delicious vegan food at home, we give a few links to excellent recipe collections online and in books at the end of the guide. In places like Los Angeles, New York, Chicago, San Francisco, London, Berlin, Paris, Amsterdam, Rome, Rio, Tokyo, and other metropolises, you can find a long list of vegan restaurants and food services that serve mouth-watering vegan delights.

I hope that this basic guide helps start you on your road to going and staying vegan. Many people ask me how one can stay on a vegan diet for keeps when the pull to return to business as usual meat and dairy eating can be so strong all around you. My answer is simple: connect with the animals, and the thought of ever eating them or their offspring again can never be an option. We have watched extensive investigative video of what is done to innocent animals on farms of all types – not just factory farms. Knowing that these animals have the same exact emotions as we do, that they feel pain and terror just like we do, and that they very much want to live, just like we do, makes the choice to stay vegan a natural one that requires no effort on my part. Humane meat and humane killing is quite simply a lie and a marketing scheme to get you to feel better about killing animals – I urge you – don't buy it. Connecting with animals at the farm sanctuaries near you is also a great way to enter the animal kingdom and see the world a little bit through their eyes.

Elephants and her own pet dogs made my mom go vegetarian in a day. Taking a deeper journey into the conscience of all animals lead my mom and me to go vegan a few years ago. Understanding how little we have left of our earth with the rate we are destroying it with animal agriculture is another strong motivation.

I hope this guide is easy and simple enough to persuade your parents to allow your vegan journey to unfold as it should. I wish you the very best and invite anyone who has questions about staying vegan to contact me at earthpeacefound@gmail.com.

Love, Lila.