

after contact with the *Pfiesteria* infested water. Additionally, cattle pollute natural waterways by depositing unnatural amounts of fecal matter and urine into streams.

### **Are vegan diets healthy?**

Well-planned vegan diets are recognized as healthy and nutritious by the world's leading mainstream dietetic associations:

**The American Dietetic Association**, in its Position Paper on Vegetarian Diets, Volume 2009, states: "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...[and]...are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes."

<http://www.eatright.org/about/content.aspx?id=8357>

### **Dieticians of Canada/Les diététistes du Canada**

state: "A well planned vegan diet...is safe and healthy for pregnant and breastfeeding women, babies, children, teens and seniors." And "A vegan eating pattern has many potential health benefits. They include lower rates of obesity, heart disease, high blood pressure, type 2 diabetes and certain types of cancer. Other benefits include lower blood cholesterol levels and a lower risk for gallstones and intestinal problems." and "A variety of plant foods eaten during the day can provide enough protein to promote and maintain good health." [http://www.dietitians.ca/Nutrition-Resources-A-Z/Fact-Sheet-Pages\(HTML\)/Vegetarian/Eating-Guidelines-for-Vegans.aspx](http://www.dietitians.ca/Nutrition-Resources-A-Z/Fact-Sheet-Pages(HTML)/Vegetarian/Eating-Guidelines-for-Vegans.aspx)

### **A plant-based vegan diet**

A common mistake when transitioning to a vegan diet is to eat too few calories, causing people to mistakenly think they "need meat" or "have to have some animal products". Healthful vegan diets are bigger on volume. Your plate should be overflowing with fresh food, especially if you include lots of raw vegetables. Snacking is recommended throughout the day. It is hard to eat too many fruits and vegetables, nuts or seeds, and they make very healthy snacks between meals. Although any dietary change may cause temporary bodily complaints, such as cravings, digestive discomfort or minor fatigue, these should not continue for a long period of time, and it is recommended to seek advice from a doctor to rule out coincidental health conditions if the symptoms go on for too long or become overwhelming.

### **A Healthy Balanced Vegan Diet**

A healthy vegan diet is made up of four food groups:

1. Legumes, nuts and seeds (4+ servings per day):

This group includes beans, split peas, lentils, nuts, seeds and also soy products.

2. Grains (4-6+ servings per day):

Whole grains are preferable to refined grains. Brown rice, oats, millet and quinoa are fantastic sources of B vitamins, fibre, minerals, proteins and antioxidants.

3. Vegetables (4+ servings per day):

Eating a wide variety of colorful vegetables is extremely healthy and provides protective nutrients.

4. Fruits (2+ servings per day):

Includes cucumbers, tomatoes and avocados as well as mandarins and apples etc. All provide antioxidants & fibre.

#### **Resources**

- [ers.usda.gov/data-products/feed-grains-database/feed-grains-yearbook-tables.aspx#.UU3DMleeNGc](http://ers.usda.gov/data-products/feed-grains-database/feed-grains-yearbook-tables.aspx#.UU3DMleeNGc)
- [extension.org/pages/35850/on-average-how-many-pounds-of-corn-make-one-pound-of-beef-assuming-an-all-grain-diet-from-background](http://extension.org/pages/35850/on-average-how-many-pounds-of-corn-make-one-pound-of-beef-assuming-an-all-grain-diet-from-background)
- [permies.com/t/12422/community/Amount-land-person](http://permies.com/t/12422/community/Amount-land-person)
- [environmentalchemistry.com/yogi/environmental/200704prairiedogcontrollethal.html](http://environmentalchemistry.com/yogi/environmental/200704prairiedogcontrollethal.html)
- [ncifap.org/issues/environment](http://ncifap.org/issues/environment)
- [farmusa.org/statistics11.html](http://farmusa.org/statistics11.html)
- [news.cornell.edu/releases/aug97/livestock.hrs.html](http://news.cornell.edu/releases/aug97/livestock.hrs.html)
- [farmusa.org/statistics11.html](http://farmusa.org/statistics11.html)

**Additional Resources** • [pcrm.org](http://pcrm.org) • [VegansEatWhat.com](http://VegansEatWhat.com) • [DrGreger.org](http://DrGreger.org) • [NutritionFacts.org](http://NutritionFacts.org)

**SPONSORED GROUPS: MEETUP.COM**

- /VeganLifeColorado
- /AnimalActionNetwork
- /BoulderVeganLife
- /ColoradoSpringsVeg
- /CSAnimalActionNetwork
- /VegGrandJunction
- /Fort-Vegan



 Check out [VegFestColorado.org](http://VegFestColorado.org)



**VEGAN LIFE COLORADO**  
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# Why try Vegan?



**There are numerous reasons to avoid animal products. From the ill effects it has on our health, to the cruelty Animal agriculture inflicts on animals, and to the harm it causes our environment.**

### **Health**

#### **Heart Disease**

Heart disease is the leading cause of death in the United States. A person on a typical American diet has a 50% higher rate of heart disease than a person on a 100% plant-based vegan diet. A 100% vegan diet is significantly lower in saturated fats (which mainly comes from animal fat) and cholesterol (found only in animal-based products). Saturated fats and cholesterol are major factors in heart disease. Vegans have lower blood pressure and lower rates of hypertension. A low-fat 100% plant-based vegan diet combined with stress reduction techniques can actually reverse hardening of the arteries.

#### **Cancer**

Instances of breast cancer are dramatically fewer in countries where a plant-based vegan diet is common. Vegans have at least a 40% lower chance of breast cancer and in some studies consistently demonstrated lower rates of colon cancer.

#### **Diabetes**

Meat-eaters have an 80% higher chance of getting diabetes than vegans do. Recent studies found that type 2 diabetics can significantly reduce their need to take medicine while following a plant-based vegan diet (and participants also reduced their cholesterol and weight).

#### **Digestive Tract Functions**

A plant-based diet can prevent and cure constipation, hemorrhoids, IBS, and other chronic intestinal disorders.

EAT YOUR  
VEGETABLES