



## Presentation Outline

### What Is a Vegetarian?

#### Animal Products

Animal Flesh: Meat, Fish and Poultry

Eggs and Dairy Products

Products Derived From

Animals: Honey and Gelatin

Products Derived From

Animals: Leather, Fur,

Tallow...

#### Types of Vegetarians

Vegan

Lacto-Ovo Vegetarian

Semi Vegetarian

### 1. Reasons People Are Vegetarian: Health

#### Fewer Chronic Diseases

- Heart disease
- Cancer (prostate and colon)
- Diabetes
- Osteoporosis
- Gallbladder disease
- Hypertension
- Obesity

#### Standard North American Diet (SAD)

- High in fat and cholesterol
- Uses a lot of commercially prepared, microwave or deep fried junk food
- Includes twice as much meat as the global average
- Gives us twice our necessary amount of protein!

### Excess Protein Contributes to:

- Kidney Disease
- Calcium Stones
- Various Cancers
- Osteoporosis

### Disease Crossover

- BSE - Mad Cow Disease
- Bovine Immunodeficiency Virus
- Mercury Poisoning in fish
- Bovine Leukemia Virus
- CWD in deer and elk
- Scrapie in sheep
- Campylobacter
- Salmonella
- E. Coli

### Consume Fewer Contaminants

- Contaminants accumulate as they move up the food chain
- Thus, they are more highly concentrated in animal foods
- And eating organic vegetarian means really minimizing pesticides!

### 2. Reasons People Are Vegetarian: Concern for Animals

#### Animals Deserve Humane Treatment

#### Animals Used For Food Are:

- Artificially bred
- Separated from their young
- Isolated
- Overcrowded
- Overfed
- Fed growth hormones
- And in the end, brutally slaughtered!

### 3. Reasons People Are Vegetarian: Concern for the environment

#### Meat Production is Wasteful

- It Wastes Energy: Meat production uses up to 20 times more energy than vegetarian food production
- It Wastes Land: Meat production uses 7 times more land than vegetarian food production
- It Wastes Water: Meat production uses at least 85 times more water than vegetarian food production
- Runoff contaminates our water sources!

### 4. Reasons People Are Vegetarian: Religion

#### Recommending Vegetarianism

##### Eastern Religions

- Buddhism
- Hinduism
- Brahmanism
- Jainism
- Taoism

##### Christians Religions

- Seventh-day Adventists
- The Trappist monks of the Catholic Church

##### Other

- Islam (the Sufis)
- Some within Judaism
- Baha'i

### 5. Reasons People Are Vegetarian: Cost Meat is Expensive

- Meat costs more than plant-based protein sources
- Much of the world's population can't afford meat
- In affluent countries, meat is only affordable because it's government subsidized

### Meat eating also contributes to world hunger

- Feeding people directly with grain and produce is more economical than using it to raise livestock
- Higher profits force poor landowners to raise beef for the rich instead of beans for the poor

### 6. Reasons People Are Vegetarian: Taste

#### How Do I Become Vegetarian?

- It's beneficial to your health, so make the transition as soon as you want
- Get support and education

#### What Do Healthy Vegetarians Eat?

- High fiber foods
- Foods high in unrefined carbohydrates
- Little cholesterol or none if vegan
- Foods low in saturated fat
- Lots of fresh fruit and vegetables
- And vegetarians eat a wide variety of delicious food

A healthy vegetarian lifestyle can supply all the daily nutritional needs of men, women, children, the elderly, pregnant women and athletes. Vegetarian food makes you feel great and is delicious!

Go to [www.vegetarianstarterkit.com](http://www.vegetarianstarterkit.com) and get a free kit to learn how to make lots of tasty vegetarian dishes.