

Vegan FAQ's

Question: What about protein?

Answer: Plant foods contain the same eight amino acids as animal foods do.

Nuts, soy foods including tofu, tempeh, soymilk and soy burgers, grains, beans and legumes, and green vegetables, lentils, chickpeas, peas, peanut butter, soymilk, almonds, spinach, rice, whole wheat bread, potatoes, broccoli, kale are good sources of protein.

Question: Will I get enough calcium on a vegan diet?

Answer: Broccoli and tofu are loaded with calcium. Orange juice and soy, rice and nut "milks" are generally calcium fortified, and a supplement, for added insurance, assures that calcium will never be in short supply.

Question: Where do vegans get B12?

Answer: fortified breakfast cereals and breads, tofu, nutritional yeast, and supplements

Question: How do I get enough iron?

Answer: Excellent vegetarian sources of iron include whole grains and enriched refined grains, dried fruits like apricots and prunes, dried beans, cooked soybeans, blackstrap molasses, sea vegetables, pumpkin, turnip greens, Brussels sprouts, and dark, leafy green vegetables. Anemia is no more common among vegetarians than among the general population.

Question: My doctor says I need meat, milk and eggs.

Answer: Despite the clear relationship between diet and health, doctors are not receiving adequate

nutrition training. In fact, less than a quarter of U.S. medical schools offer a single course in nutrition! Most doctors are not nutrition experts, and we need to turn to the growing bed of research on the health benefits of vegetarian diets for sound nutrition information and advice.

Question: Animals eat other animals. Why shouldn't we?

Answer: Animals that do consume other animals are carnivores who live in the wild and need to kill to survive. Humans, on the other hand, can choose kindness over killing. Not only do we not need to eat meat to survive, in fact, we fare better on a vegetarian diet.

Question: Humans have always eaten animals. Why should we change?

Answer: For centuries, humans enslaved other humans. Tradition doesn't make something right. As humankind progresses and extends compassion to other people, so, too, can we extend the sphere of compassion to animals who are just as capable of feeling pain and fear.

Question: What about "free-range" meat and eggs?

Answer: There are no uniform standards or regulations on what constitutes "free range." Often, so-called "free-range" farms keep their animals indoors in crowded conditions, similar to factory farms. Like other farmed animals, all animals raised on "free-range" farms suffer horrific cruelties during transport and slaughter.