

Black Vegans

For more information about veganism in the forms of websites, books, and videos see <https://savageheart.com/vegan/vegan.html>.

Courtland Malloy

Journalist with The Washington Post

He has given talks at GreenFare Organic Café and Fairfax Vegfest (now called Planet Virginia) about his experiences with exclusively eating plants

<https://www.google.com/search?q=courtland+milloy+vegan>

Dr. Milton Mills, M.D.

“Practices urgent care medicine in the Washington DC area, and has served previously as Associate Director of Preventive Medicine and as a member of the National Advisory Board, for Physicians Committee for Responsible Medicine (PCRM). He has been a major contributor to position papers presented by PCRM to the United States Department of Agriculture regarding Dietary Guidelines for Americans, and has been the lead plaintiff in PCRM’s class action lawsuit that asks for warning labels on milk.”

He has given talks at GreenFare Organic Café and Fairfax Vegfest (now called Planet Virginia) about the benefits of exclusively eating plants

<https://www.google.com/search?q=milton+mills+M.D.>

<https://www.preventionofdisease.org/milton-mills>

Afro-Vegan Society

“Brenda Sanders is the founder and president of Afro-Vegan Society, a non-profit organization that works to make the vegan lifestyle accessible, affordable, and approachable in predominately black areas and neighborhoods. Afro-Vegan Society empowers the black community by using veganism as a tool to overcome systemic race-based oppression shared among those who have a common African ancestry.”

<https://www.afrovegansociety.org/about-avs>

Black-owned vegan restaurants

<https://www.afrovegansociety.org/black-vegan-eats/black-vegan-restaurants>

DC (5), MD (13), VA (8)

They’re Trying to Kill Us

Movie documentary (2021)

“A filmmaker examines the intersections of food, disease, race, poverty, institutional racism and government corruption to reveal why people of color suffer from disproportionately higher rates of chronic disease.”

<https://www.google.com/search?q=movie+they%27re+trying+to+kill+us>

<https://www.theyretryingtokillus.com/>

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Dr. Kim Williams, M.D.

“He served on numerous committees and boards at the United States national level, including but not limited to the American Society of Nuclear Cardiology, the American Heart Association, and the American Medical Association, is a former president of the American College of Cardiology, and is the inaugural editor in chief of the International Journal of Disease Reversal and Prevention (IJDRP).”

He has been vegan since 2003.

He famously said “There are two types of cardiologists: vegans, and those who haven’t read the data.”

<https://www.google.com/search?q=kim+williams+m.d.>

Veg Society of DC – African-American Networking Group (AANG)

“Open to everyone and focuses on the particular issues faced by African Americans who choose to be vegan. Activities range from potluck dinners to virtual game nights as well as movies, restaurant events, and cultural shows.”

<https://vsdc.org/activities/>

Thrive Baltimore – Brenda Sanders

Food and Justice

“Run by a collective of food, environmental and social justice activists, our mission is to provide education, resources and support to anyone interested in adopting a healthier, more sustainable lifestyle.

Part of Thrive Baltimore’s mission is to provide free plant-based cooking demos, nutrition lectures, food tastings, film screenings and other fun, informational programming in an open, socially conscious environment that makes it a space where all are welcome. We’re dedicated to encouraging people to make healthier, kinder choices that will enable them to live more conscious lifestyles.

By offering low-cost delicious vegan food at all our events, we at Thrive Baltimore are doing our part to raise awareness and address the health disparities and food access issues that plague Baltimore City. We’re also providing a practical alternative to the current food systems which cause so much harm to our health, our planet and the animals with whom we share the Earth.”

<https://thrivebaltimore.org/>

Brenda Sanders

“Brenda Sanders is a vegan food justice activist in Baltimore City who Co-Founded Thrive Baltimore, a community resource center that offers classes, workshops, cooking demos and other programming that supports people in living a healthier, more sustainable lifestyle. She’s also the founder and Executive Director of Afro-Vegan Society, a nonprofit organization that provides education and resources to people in marginalized communities to assist them in transitioning to veganism, Co-Creator of

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Vegan SoulFest, an annual festival that celebrates culture and all aspects of vegan living and Co-Owner of The Greener Kitchen, a vegan deli and food distributor that produces plant-based foods that are both affordable and accessible.”

<https://www.brendasanders.info/>

Brenda Sanders - Food and Justice podcast

<https://www.fjpodcast.com/>

Vegan SoulFest

Annual event in Baltimore.

“Brenda Sanders also co-created and co-coordinates Vegan SoulFest, an annual festival that celebrates culture and the vegan lifestyle by making lectures, cooking demos, musical performances, delicious food and other products and services available to help expose people to the many benefits of the vegan lifestyle.”

<https://www.vegansoulfest.com/>

About Brenda Sanders on Black Vegans Rock

<https://www.blackvegansrock.com/blog/2016/3/17/feature-bren>

Genesis Butler

“An environmental and animal rights activist and one of the youngest people to ever give a TEDx talk. Inspired by her great uncle civil rights leader Cesar Chavez, Genesis’ talk “A 10 Year Old’s Vision for Healing the Planet” discusses the negative impact of animal agriculture on the environment.

She went vegan at the age of 6 and has earned numerous awards and recognitions for her activism, in addition to being featured on an episode of Marvel’s Hero Project by Disney+. Genesis is currently leading the Youth Climate Save movement, the first youth-led environmental organization that focuses on animal agriculture’s impact on climate change and aims to give all young voices a platform.”

<https://www.google.com/search?q=genesis+butler>

<https://www.genesisforanimals.org/>

David Carter

“He is a former American football defensive end in the National Football League (NFL) for the Arizona Cardinals and Dallas Cowboys.

Carter is a vegan activist. He became vegan in 2014[8] after watching the documentary Forks Over Knives.[9] He advocates for veganism – mainly from a health point of view, but also for animal rights – at speaking engagements and on his website.[10][9] He and his wife Paige Carter are on the staff of Vegan Outreach.[11][12]”

[https://en.wikipedia.org/wiki/David_Carter_\(defensive_lineman\)](https://en.wikipedia.org/wiki/David_Carter_(defensive_lineman))

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David Carter: “Converting to a whole foods plant-based lifestyle was the best decision I could have ever made for my body, mind, and spirit....By making this one small change not only have I saved my own life but the countless lives of voiceless and defenseless animals everywhere. Not to mention veganism is great for our planet as well. Becoming vegan has given me a greater purpose, something bigger than myself to fight for, and fight I will.”

<https://the300poundvegan.com/about-david-carter/>

Naijha Wright-Brown

“Naijha is a partner and the Marketing Director for The “multi-award-winning” Land of Kush, VeganSoul Bistro based in Baltimore, Maryland, and co-founder of Vegan Soulfest and Maryland Vegan Restaurant Month. She is the Executive Director of the Black Veg Society, a non-profit organization whose mission is to educate predominantly Black, Indigenous, and People of Color (BIPOC) communities, on the benefits of holistic health, the plant-based diet, and veganism. Naijha is Chair of the Board of the Restaurant Association of Maryland. She has a digital talk show, Naijha Speaks, that helps people on a mission to find their vegan soul through food, people, events, and culture!” She is a board member of Thrive Philanthropy.

<https://www.thrivephilanthropy.org/naijha-wright-brown/>

<https://blackvegsociety.org/>

<https://landofkush.com/>

<https://www.vegansoulfest.com/>

<https://www.youtube.com/channel/UCboOtSXcbsqqt6pv5zXNgNQ> Naijha Speaks

Stevie Wonder

“In a 2016 interview, Stevie Wonder said he went vegan in 2014. In a 2016 interview with AOL, Stevie Wonder explained that he decided to go vegan for environmental and health reasons. “I’ve been a vegan for two years, so that’s helped my already good-looking self,” the musician joked.”

<https://www.google.com/search?q=stevie+wonder+vegan>

Tracye McQuirter

“Tracye McQuirter is an African-American public health nutritionist and a Vegan/Plant-based author”

McQuirter co-founded "BlackVegetarians.com" (1996-1997), the first vegan website by and for African Americans.[6][10]

According to the New York Times, her 2010 book, *By Any Greens Necessary* contributed to the rise of veganism among African-Americans between the time of its

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release and 2017 (when the article was published).[11] She also co-authored the African American Vegan Starter Guide in 2016 with the Farm Sanctuary.[12]

https://en.wikipedia.org/wiki/Tracye_McQuirter

<https://www.google.com/search?q=tracye+mcquirter>

Book by Tracye McQuirter: *Ageless Vegan: The Secret to Living a Long and Healthy Plant-Based Life* (2018)

<https://www.amazon.com/Ageless-Vegan-Secret-Healthy-Plant-Based/dp/0738220205>

Book by Tracye McQuirter: *By Any Greens Necessary: A Revolutionary Guide for Black Women Who Want to Eat Great, Get Healthy, Lose Weight, and Look Phat* (2010)

<https://www.amazon.com/Any-Greens-Necessary-Revolutionary-Healthy/dp/1556529988/>

Black Vegans Rock

“Black Vegans Rock was founded by Aph Ko in 2016.”

<https://www.blackvegansrock.com/about>

100 black vegans

<https://strivingwithsystems.com/2015/06/11/blackvegansrock-100-black-vegans-to-check-out/>

<https://www.blackvegansrock.com/bvr-index>

<https://www.blackvegansrock.com/resources>

“In 2023, Aph conceptualized the new platform, FlipIt (a project of The Better Food Foundation), where people can continue sharing their stories with the public. Black Vegans Rock serves as a resource to learn more about the diversity within the Black Vegan Community.”

FlipIt

“FlipIt is on a mission to show that it’s possible to create a world where plant-based food is the norm.”

“Brenda Sanders is chief strategist for FlipIt, which seeks to normalize plant-based diets in communities, businesses, institutions, and public policies.”

<https://www.flipit.org/>

29 Black Celebrities and Public Figures Who Are Actually Vegan

“Veganism is growing and has no plans of slowing down.

“African Americans are the fastest-growing vegan demographic. And even though people jokingly say there are no black vegans, a 2016 Pew Research Center survey found that 8% of African American adults identified as vegan.”

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<https://www.buzzfeed.com/jamedjackson/black-celebrities-who-are-vegan>

“The Institute for Critical Animal Studies called Black veganism an "emerging discipline". Research has found that about 8% of Black Americans are vegan or vegetarian, compared to only about 3% of other Americans.”

An important and informative article.

https://en.wikipedia.org/wiki/Black_veganism

<https://www.google.com/search?q=black+vegans>

“African Americans are [nearly] 3 times more likely to be vegan than any other ethnic group.”

Top 70 Black Vegan Influencers in 2023

https://influencers.feedspot.com/black_vegan_instagram_influencers/