

## Resources for Plant-Based Eating and a Vegan Life

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### Medical sources that recommend plant-based eating:

Kaiser Permanente is a \$50 billion corporation and the largest HMO in the U.S. In May, 2013, they began recommending a plant-based diet to their 180,000 employees, 17,000 physicians and all their patients, and 9.3 million members. I tried to get printouts of the following articles from Kaiser and learned that they are only available online. You might print out the articles and give them to your doctor, or just send the links.

The Plant-Based Diet, a Healthier Way to Eat

<http://www.kphealthyme.com/Healthy-Eating-Active-Living-Programs/Education-libraries/Plant-Based-Diet.aspx>

Plant-Based Nutrition - Frequently Asked Questions & Concerns

[https://mydoctor.kaiserpermanente.org/ncal/Images/1082-E%20Rev%209-12%20CL\\_tcm75-614811.pdf](https://mydoctor.kaiserpermanente.org/ncal/Images/1082-E%20Rev%209-12%20CL_tcm75-614811.pdf)

another version:

[https://mydoctor.kaiserpermanente.org/ncal/Images/Plant%20Based%20Diet%20patient%20questions%20101811-Final\\_tcm75-480571.pdf](https://mydoctor.kaiserpermanente.org/ncal/Images/Plant%20Based%20Diet%20patient%20questions%20101811-Final_tcm75-480571.pdf)

Simple Steps to Plant-Based Eating

[https://mydoctor.kaiserpermanente.org/ncal/Images/Simple%20Steps%20to%20Plant-based%20Eating%208-31-11\\_tcm75-508700.pdf](https://mydoctor.kaiserpermanente.org/ncal/Images/Simple%20Steps%20to%20Plant-based%20Eating%208-31-11_tcm75-508700.pdf)

Nutritional Update for Physicians: Plant-Based Diets

<http://www.thepermanentejournal.org/files/Spring2013/Nutrition.pdf>

Kim A. Williams, M.D., the next president of the American College of Cardiology, explains why he became vegan and now recommends it to patients

<http://www.medpagetoday.com/Cardiology/Prevention/46860>

Dr. Neal Barnard, M.D., a vegan doctor and founder of Physicians Committee for Responsible Medicine (PCRM) opened a clinic in NW DC in January, 2016. They are preventing, treating, and reversing a number of medical conditions using a plant-based diet.

<https://www.pcrm.org/barnard-medical-center>

<http://www.pcrm.org/health>

<https://www.pcrm.org/about-us/staff/neal-barnard-md-facc>

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### Annual events in the Washington, DC area

Thanksgiving with the Turkeys at Poplar Spring Animal Sanctuary (Poolesville, MD)

[www.animalsanctuary.org](http://www.animalsanctuary.org)

An outdoor vegan potluck lunch

The Saturday before Thanksgiving, noon – 4:00 p.m.

The event is usually attended by about 1,000 people

Thanksgiving Day vegan lunch - Veg Society of DC (VSDC)

[www.vsdc.org](http://www.vsdc.org)

At the Grand Hyatt in Washington, DC

Thanksgiving Day, noon – 4:00 p.m.

The event is usually attended by about 300 people

Compassion Over Killing (COK) (Takoma Park, MD and Los Angeles, CA)

[www.cok.net](http://www.cok.net)

Annual fundraising dinner and party at Silver Spring Regional Center in Silver Spring, MD

DC VegFest

[www.dcvegfest.com](http://www.dcvegfest.com)

In August at Nationals Stadium in Washington, DC

In 2019 there were more than 16,000 attendees.

Animal Rights National Conference

<http://arconference.org/>

Four days in June, July, or August, alternating years between Alexandria, VA and the west coast

Attended by about 1600 people

The next conference in Alexandria will be in 2021

Fairfax, VA Veg Fest

<https://greenfare.com/event/fairfax-veg-fest/>

<https://www.facebook.com/FairfaxVegFest/> (the 2019 event)

<https://www.facebook.com/events/322293515391229/> (the 2020 event)

A new annual event. The one in April 2019 was attended by more than 5,000 people.

The second annual event will be on April 19, 2020 from 10 a.m. to 5 p.m. in Herndon, VA

Loudoun, VA Veg Fest

<https://www.facebook.com/events/948757482142577/>

A new annual event. The first one will be on October 25, 2020 from 10 a.m. to 4 p.m. in Leesburg, VA

Vegan Soulfest

<https://www.facebook.com/events/359471808337035/>

7<sup>th</sup> annual event will be on August 22, 2020 from noon to 6 p.m. in Baltimore, MD

To find more vegan events go to <https://www.vegevents.com/>

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### DC area vegan groups on Meetup.com

<https://www.meetup.com/Vegan-Eats/>  
<https://www.meetup.com/Vegan-DC-MD-VA/>  
<https://www.meetup.com/Vegan-Powered/>  
<https://www.meetup.com/thegoodlife/>  
<https://www.meetup.com/DCs-Vegan-Calendar/>  
<https://www.meetup.com/Montgomery-County-VeganMeetup/>  
<https://www.meetup.com/Eat-to-Live-in-DC/>  
<https://www.meetup.com/vegetarianindcmdva/>  
<https://www.meetup.com/NoVA-Healthy-Vegans-Meetup/>  
<https://www.meetup.com/Howard-County-Vegans-Vegetarians/>  
<https://www.meetup.com/RawNOVA/>  
<https://www.meetup.com/Plant-Empowered-NOVA-Meetup/>

### DC area vegan groups on Facebook

<https://www.facebook.com/pages/Loudoun-Veg/203535776345804> Loudoun Veg  
<https://www.facebook.com/groups/1503656749886418/> Northern Virginia Vegans  
<https://www.facebook.com/groups/novaveganfamilies/> Northern Virginia Vegan Families  
<https://www.facebook.com/groups/1712051175736491/> DMV Raw Vegan Foodies  
<https://www.facebook.com/groups/dcareavegans/> DC Area Vegans  
<https://www.facebook.com/groups/veganvirginia/> Vegan Virginia  
<https://www.facebook.com/groups/135256283570231/> Vegan Maryland  
<https://www.facebook.com/groups/VeganMaryland/> Vegan Maryland  
<https://www.facebook.com/groups/VeganDC/> Vegan DC  
<https://www.facebook.com/groups/BaltimoreVegans/> Baltimore Vegans

There are many vegan groups on Facebook. Go to Facebook.com and search for “vegan.”

### Some vegan and animal rights organizations and projects

|                               |   |
|-------------------------------|---|
| A Well Fed World              | <a href="https://awfw.org/">https://awfw.org/</a>   |
| Alliance for Animals          | <a href="http://allanimals.org/">http://allanimals.org/</a>                                     |
| American Vegan Society        | <a href="http://americanvegan.org/">http://americanvegan.org/</a>                               |
| Animal Charity Evaluators     | <a href="https://animalcharityevaluators.org/">https://animalcharityevaluators.org/</a>         |
| Animal Equality               | <a href="https://animalequality.org/">https://animalequality.org/</a>                           |
| Animal Justice Project        | <a href="https://animaljusticeproject.com/">https://animaljusticeproject.com/</a>               |
| Animal Legal Defense Fund     | <a href="https://aldf.org/">https://aldf.org/</a>   |
| Animal Place                  | <a href="http://animalplace.org/">http://animalplace.org/</a>                                   |
| Animals and Society Institute | <a href="https://www.animalsandsociety.org/">https://www.animalsandsociety.org/</a>             |
| Beyond the Lies               | <a href="https://beyondthelies.org/">https://beyondthelies.org/</a>                             |
| Compassion Over Killing       | <a href="http://cok.net/">http://cok.net/</a>   |
| Cruelty Free International    | <a href="http://www.crueltyfreeinternational.org/">http://www.crueltyfreeinternational.org/</a> |
| Dharma Voices for Animals     | <a href="https://www.dharmavoicesforanimals.org/">https://www.dharmavoicesforanimals.org/</a>   |
| Direct Action Everywhere      | <a href="https://www.directactioneverywhere.com/">https://www.directactioneverywhere.com/</a>   |
| Earth Save                    | <a href="http://www.earthsave.org/">http://www.earthsave.org/</a>                               |
| Farm Animal Rights Movement   | <a href="https://farmusa.org/">https://farmusa.org/</a>   |
| Farm Sanctuary                | <a href="https://www.farmsanctuary.org/">https://www.farmsanctuary.org/</a>                     |
| Faunalytics                   | <a href="https://faunalytics.org/">https://faunalytics.org/</a>                                 |

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|  |   |
|--|---|
| Fish Feel  | <a href="http://fishfeel.org/">http://fishfeel.org/</a>                                 |
| Food Empowerment Project                             | <a href="http://www.foodispower.org/veganism/">http://www.foodispower.org/veganism/</a> |
| Free From Harm                                       | <a href="https://freefromharm.org/">https://freefromharm.org/</a>                       |
| Friends of Animals                                   | <a href="https://friendsofanimals.org/">https://friendsofanimals.org/</a>               |
| GreenFare Organic Café                               | <a href="https://greenfare.com/">https://greenfare.com/</a>                             |
| Happily Ever Esther Farm Sanctuary                   | <a href="https://www.happilyeveresther.ca/">https://www.happilyeveresther.ca/</a>       |
| Happy Cow  | <a href="https://www.happycow.net/">https://www.happycow.net/</a>                       |
| Humane Decisions                                     | <a href="https://www.humanedecisions.com/">https://www.humanedecisions.com/</a>         |
| In Defense of Animals                                | <a href="https://www.idausa.org/">https://www.idausa.org/</a>                           |
| Institute for Humane Education                       | <a href="https://humaneeducation.org/">https://humaneeducation.org/</a>                 |
| International Society for Animal Rights              | <a href="https://isaronline.org/">https://isaronline.org/</a>                           |
| International Vegetarian Union                       | <a href="https://ivu.org/">https://ivu.org/</a>   |
| Jewish Veg   | <a href="https://www.jewishveg.org/">https://www.jewishveg.org/</a>                     |
| Mercy for Animals                                    | <a href="https://www.mercyforanimals.org">https://www.mercyforanimals.org</a>           |
| Nonhuman Rights Project                              | <a href="https://www.nonhumanrights.org/">https://www.nonhumanrights.org/</a>           |
| North American Vegetarian Society                    | <a href="https://navs-online.org/">https://navs-online.org/</a>                         |
| Nutrition Facts (Michael Greger, M.D.)               | <a href="https://nutritionfacts.org/">https://nutritionfacts.org/</a>                   |
| Open Cages   | <a href="https://opencages.org/">https://opencages.org/</a>                             |
| Our Hen House  | <a href="https://www.ourhenhouse.org/">https://www.ourhenhouse.org/</a>                 |
| People for the Ethical Treatment of Animals (PETA)   | <a href="https://www.peta.org/">https://www.peta.org/</a>                               |
| PETA Kids  | <a href="https://www.petakids.com/">https://www.petakids.com/</a>                       |
| Physicians Committee for Responsible Medicine (PCRM) | <a href="https://www.pcrm.org/">https://www.pcrm.org/</a>                               |
| Poplar Spring Animal Sanctuary                       | <a href="http://www.animalsanctuary.org/">http://www.animalsanctuary.org/</a>           |
| ProVeg International                                 | <a href="https://proveg.com/">https://proveg.com/</a>                                   |
| The Christian Vegetarian Association                 | <a href="https://www.christianveg.org/">https://www.christianveg.org/</a>               |
| The Good Food Institute (GFI)                        | <a href="https://www.gfi.org/">https://www.gfi.org/</a>                                 |
| The Humane League                                    | <a href="https://thehumaneleague.org/">https://thehumaneleague.org/</a>                 |
| The Humane Society of the United States (HSUS)       | <a href="https://www.humanesociety.org/">https://www.humanesociety.org/</a>             |
| The Vegan Society                                    | <a href="https://www.vegansociety.com/">https://www.vegansociety.com/</a>               |
| The Vegetarian Resource Group                        | <a href="https://www.vrg.org/">https://www.vrg.org/</a>                                 |
| United Poultry Concerns                              | <a href="http://www.upc-online.org/">http://www.upc-online.org/</a>                     |
| Veg Events   | <a href="https://www.vegevents.com/">https://www.vegevents.com/</a>                     |
| Vegan.com  | <a href="https://www.vegan.com/">https://www.vegan.com/</a>                             |
| Vegan.com list of farm animal sanctuaries            | <a href="https://www.vegan.com/sanctuaries/">https://www.vegan.com/sanctuaries/</a>     |
| Vegan Action/Vegan Awareness Foundation              | <a href="https://vegan.org/">https://vegan.org/</a>                                     |
| Vegan Outreach                                       | <a href="https://veganoutreach.org/">https://veganoutreach.org/</a>                     |
| Veg Source   | <a href="https://vegsource.com/">https://vegsource.com/</a>                             |
| VegDC  | <a href="http://veqdc.com/">http://veqdc.com/</a>                                       |
| Woodstock Farm Sanctuary                             | <a href="http://woodstocksanctuary.org/">http://woodstocksanctuary.org/</a>             |

### Two vegan advocacy music videos

“Please Don’t Eat The Animals” - <https://www.youtube.com/watch?v=3c5nNZua1bY>

“I’m an Animal, Please Don’t Eat Me” - [https://www.youtube.com/watch?v=A\\_iNzjQ1avU](https://www.youtube.com/watch?v=A_iNzjQ1avU)

Click the link “Show more” below the video for links to 55 vegan, vegetarian, animal rights, & animal welfare organizations.

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### Vegan athletes

[www.greatveganathletes.com](http://www.greatveganathletes.com)  
[www.veganbodybuilding.com](http://www.veganbodybuilding.com)  
[www.adaptt.org/athletes.html](http://www.adaptt.org/athletes.html)

### Vegan ultramarathoners

[www.scottjurek.com](http://www.scottjurek.com)  
[https://en.wikipedia.org/wiki/Scott\\_Jurek](https://en.wikipedia.org/wiki/Scott_Jurek)  
[www.richroll.com](http://www.richroll.com)  
[www.nomeatathlete.com](http://www.nomeatathlete.com)

### A few vegan movies:

<https://veganuniversal.com/vegan-documentaries-animal-rights-health-environment-inspiration>  
<http://veganfeed.com/videos.php>  
<https://www.youtube.com/playlist?list=PL140649EFFB596EED>  
<http://www.thematrix.com/>  
<http://www.yourdailyvegan.com/2013/06/5-netflix-documentary-picks-for-vegan-viewers/>  
<http://vegnews.com/articles/page.do?pageId=3282&catId=5>  
[http://www.beautiful-vegan.com/2010/04/documentaries-and-videos\\_9347.html](http://www.beautiful-vegan.com/2010/04/documentaries-and-videos_9347.html)  
<http://www.cowspiracy.com/>  
<http://factoryfarmdrones.com/>  
<http://www.cultureunplugged.com/documentary/watch-online/festival/gsearch.php#g=vegan>  
<http://www.plantpurenation.com>  
<https://gamechangersmovie.com/>

### Olive oil is vegan but it is not healthy

Yes, we need to eat certain kinds of fats--from nuts, especially walnuts, seeds, and avocados, not processed vegetable oils!

No Oil - Not Even Olive Oil! - Caldwell Esselstyn, M.D.

[https://www.youtube.com/watch?v=b\\_o4YBQPktQ](https://www.youtube.com/watch?v=b_o4YBQPktQ)

"NO OIL! Not even olive oil, which goes against a lot of other advice out there about so-called good fats. The reality is that oils are extremely low in terms of nutritive value. They contain no fiber, no minerals and are 100% fat calories. Both the mono unsaturated and saturated fat contained in oils is harmful to the endothelium, the innermost lining of the artery, and that injury is the gateway to vascular disease. It doesn't matter whether it's olive oil, corn oil, coconut oil, canola oil, or any other kind. Avoid ALL oil."

Olive Oil is NOT a Health Food - Joel Fuhrman, M.D.

<https://www.drfuhrman.com/library/eat-to-live-blog/84/olive-oil-is-not-a-health-food>

Olive Oil is Not Healthy - Michael Klaper, M.D.

<http://www.youtube.com/watch?v=OGGQxJLuVig>

Oil to Nuts: The Truth about Fats - Jeff Novick

<http://www.youtube.com/watch?v=lbALgjmZUek>

When Friends Ask: Why Do You Avoid Adding Vegetable Oils? - John McDougall, M.D.

<https://www.drmcDougall.com/misc/2007nl/aug/oils.htm>

A very long in-depth article

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John McDougall - Do Not Eat Any Oil

<https://www.youtube.com/watch?v=dH2789MC8eA>

Olive Oil Is Not Healthy - John McDougall, M.D.

<https://www.youtube.com/watch?v=kk4xph8JY34>

A very short video that's a summary of why

NO OIL! Really, NO oil! Webinar 03/17/16 with John McDougall, M.D.

<https://www.youtube.com/watch?v=ptF0KuF8xHU>

Why olive oil is not healthy - Michael Greger, M.D.

<https://nutritionfacts.org/topics/olive-oil/>

Dangers of Olive Oil & Mediterranean Diet! – Michael Greger, M.D. & Michael Klaper, M.D.

<https://www.youtube.com/watch?v=RrKdDbOazuA>

Olive Oil and Artery Function - Michael Greger, M.D.

[https://www.youtube.com/watch?v=A4WD8Bm7s\\_I](https://www.youtube.com/watch?v=A4WD8Bm7s_I)

**A few books** (there are videos of talks by most of these authors on YouTube):

- *The Lucky Ones: My Passionate Fight for Farm Animals*, by Jenny Brown (founder and director of Woodstock Farm Sanctuary; high emotional impact autobiography)
- *Animals, Men, and Morals*, edited by Godlovitch and Harris (a collection of essays from 1972 in England, still very relevant today)
- *Second Nature: The Inner Lives of Animals*, by Jonathan Balcombe
- *Pleasurable Kingdom: Animals and the Nature of Feeling Good*, by Jonathan Balcombe
- *Eating Animals* by Jonathan Safran Foer
- *Animal Wise: How We Know Animals Think and Feel*, by Virginia Morell
- *Vegetarian Judaism: A Guide for Everyone*, by Roberta Kalechofsky
- *Why We Love Dogs, Eat Pigs, and Wear Cows: An Introduction to Carnism* by Melanie Joy (watch her great presentations on YouTube)
- *The World Peace Diet*, by Will Tuttle
- *The Sexual Politics of Meat: A Feminist-Vegetarian Critical Theory*, 20th anniversary edition (2010) by Carol J. Adams
- *Living Among Meat Eaters*, by Carol J. Adams
- *Defiant Daughters: 21 Women on Art, Activism, Animals, and [the book] The Sexual Politics of Meat*, edited by Kara Davis and Wendy Lee, forward by Carol J. Adams
- *Diet for a New America*, 25th anniversary edition (2012), by John Robbins, heir to the Baskin Robbins empire who disavowed his inheritance when he learned about the cruelty to nonhuman animals involved in making dairy products, the effects of eating animals and animal products on human health, and the effects of animal agriculture on the environment. This is a very comprehensive book.

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- *Circles of Compassion: Essays Connecting Issues of Justice*, edited by Will Tuttle (29 essays by various authors)
- *Animal Liberation*, by Peter Singer
- *Animal Impact: Secrets Proven to Achieve Results and Move the World*, by Caryn Ginsberg
- *Change of Heart: What Psychology Can Teach Us About Spreading Social Change*, by Nick Cooney
- *The Animal Activist's Handbook: Maximizing Our Positive Impact in Today's World*, by Matt Ball and Bruce Friedrich
- *The Accidental Activist*, by Matt Ball
- *But You Kill Ants*, by John Waddell
- *Powerful Vegan Messages*, by H. Jay Dinshah and Anne Dinshah
- *Farm Sanctuary: Changing Hearts and Minds About Animals and Food*, by Gene Baur
- *When Vegans (Almost) Rule the World*, by Marla Rose
- *Why I Will ALWAYS Be Vegan: 125 Essays from Around the World*, compiled by Butterflies Katz
- *The Adventures of Vivian Sharpe, Vegan Superhero* by Marla Rose
- *Always Too Much and Never Enough: A Memoir* by Jasmin Singer
- *Living the Farm Sanctuary Life* by Gene Baur
- *How Not to Die* by Michael Greger, M.D.