

Resources for Plant-Based Eating and a Vegan Life

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Download this document from www.savageheart.com/vegan/vegan.html

A few 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.

Plant-Based Eating, Using the Health Plate to Eat Well

http://www.kphealthyme.com/documents/plant_based_diet_e.aspx

Plant-Based Nutrition - Frequently Asked Questions & Concerns

https://mydoctor.kaiserpermanente.org/ncal/Images/1082-E%20Rev%209-12%20CL_tcm75614811.pdf

another version:

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%20Plantbased%20Eating%208-31-11_tcm75-508700.pdf

Nutritional Update for Physicians: Plant-Based Diets

<https://www.thepermanentejournal.org/doi/10.7812/TPP/12-085>

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>

Plant-based doctors

<https://oopsvegan.com/vegan-plant-based-doctors/>

<https://nutriciously.com/vegan-doctors/>

<https://www.livekindly.co/doctors-say-plant-based-diet-secret-longer-life/>

<https://eatplant-based.com/plant-based-experts/>

<https://plantrician.org/>

<https://www.plantpuration.com/blogs/news/finding-a-plant-based-physician>

<http://www.bigtentvegan.com/doctors-dieticians-and-nutritionists>

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Annual vegan events in the Washington, DC area

Thanksgiving with the Turkeys at Poplar Spring Animal Sanctuary (Poolesville, MD)
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. The event has not been held since the onset of the COVID-19 pandemic. Hopefully, it will resume.

“Poplar Spring Animal Sanctuary’s 20th annual “Run for the Animals!” will be held on Sunday, May 21, 2023. The 5K run and 1 or 1.7 mile fun walk is a fundraiser dedicated to supporting the life-saving work Poplar Spring does every day. This year’s race will be held in person with a virtual option.”

Thanksgiving Day vegan lunch - Veg Society of DC (VSDC) 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. It features well-known vegan guest speakers, vegan organization tables, and a raffle. The event was not held in 2022 due to the pandemic. Hopefully, it will resume.

DC VegFest www.dcvegfest.com

In August at Nationals Stadium in Washington, DC. In 2019 there were more than 16,000 attendees. The event has not been held since the pandemic.

Animal Rights National Conference <http://arconference.org/>

Four days in June, July, or August, alternating years between Alexandria, VA and the west coast. “...the world’s largest and longest-running animal rights event. It attracts nearly 2,000 attendees representing 90 organizations from a dozen countries, with 100 exhibitors and 170 speakers presenting in 80 sessions.” “With the ongoing uncertainty of in-person events and word of other conferences for the animals being planned in 2022, we have decided to defer the official Animal Rights National Conference for the immediate future.”

Fairfax, VA Veg Fest <https://www.fairfaxvegfest.org/>

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

Loudoun, VA Veg Fest <https://aplantbaseddiet.org/loudoun-veg-fest/>

A new annual event. The next one will be on Sunday, October 29, 2023 from 11 a.m. to 4 p.m. in Purcellville, VA.

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

August 19 and 20, 2023 in Baltimore, MD.

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DC area vegan groups on Meetup.com

<https://www.meetup.com/Vegan-Eats/> (as of 5/18/2023 needs an organizer or it will close)
<https://www.meetup.com/Vegan-DC-MD-VA/> (Veg Society of DC)
<https://www.meetup.com/Vegan-Powered/> (vegan athletes, all levels)
<https://www.meetup.com/thegoodlife/> (as of 5/18/2023 needs an organizer or it will close – raw vegan)
<https://www.meetup.com/DCs-Vegan-Calendar/>
<https://www.meetup.com/Eat-to-Live-in-DC/> (based on Dr. Joel Fuhrman’s nutritarian diet)
<https://www.meetup.com/vegetarianindcmdva/>
<https://www.meetup.com/NoVA-Healthy-Vegans-Meetup/> (by GreenFare Organic Café – next event is Gene Baur, founder of Farm Sanctuary, speaking at GreenFare on May 31, 2023)
<https://www.meetup.com/RawNOVA/> (no events since 2019)
<https://www.meetup.com/dcvegansofcolor/> (no events since 2020)
<https://www.meetup.com/DMV-Vegan-Homeschoolers-Meetup/>
More: <https://www.meetup.com/find/?keywords=vegan&source=GROUPS>

DC area vegan groups on Facebook

Loudoun Veg	https://www.facebook.com/profile.php?id=100064542558169
Northern Virginia Vegans	https://www.facebook.com/groups/1503656749886418/
Northern Virginia Vegan Families	https://www.facebook.com/groups/novaveganfamilies/
DMV Raw Vegan Foodies	https://www.facebook.com/groups/1712051175736491/
DC Area Vegans	https://www.facebook.com/groups/dcareavegans/
Vegan Virginia	https://www.facebook.com/groups/veganvirginia/
Vegan Maryland	https://www.facebook.com/groups/135256283570231/
Vegan Maryland (another one!)	https://www.facebook.com/groups/VeganMaryland/
Vegan DC	https://www.facebook.com/groups/VeganDC/
Baltimore Vegans	https://www.facebook.com/groups/BaltimoreVegans/
A Plant Based Diet.org	https://www.facebook.com/aPlantBasedDiet.org

There are many more vegan groups on Facebook.

Here’s a list: <https://thevegantruth.blogspot.com/2017/06/vegan-groups-directory-facebook.html>

Also, go to <https://www.facebook.com/> and search for “vegan.”

Some vegan and animal rights organizations and projects

A Well Fed World	https://awellfedworld.org/
Alliance for Animals	https://allanimals.org/
American Vegan Society	https://americanvegan.org/
Animal Charity Evaluators	https://animalcharityevaluators.org/
Animal Equality	https://animalequality.org/
Animal Hero Kids	https://www.animalherokids.org/
Animal Justice Project	https://animaljusticeproject.com/
Animal Legal Defense Fund	https://aldf.org/
Animal Place	http://animalplace.org/
Animals and Society Institute	https://www.animalsandsociety.org/
Animal Outlook (formerly Compassion Over Killing)	https://animaloutlook.org/

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Challenge 22	https://challenge22.com/
Cruelty Free International	http://www.crueltyfreeinternational.org/
Dharma Voices for Animals	https://www.dharmavoicesforanimals.org/
Direct Action Everywhere	https://www.directactioneverywhere.com/
Earth Save	http://www.earthsave.org/
Farm Animal Rights Movement	https://farmusa.org/
Farm Sanctuary	https://www.farmsanctuary.org/
Faunalytics	https://faunalytics.org/
Fish Feel	http://fishfeel.org/
Food Empowerment Project	http://www.foodispower.org/veganism/
Free From Harm	https://freefromharm.org/
Friends of Animals	https://friendsofanimals.org/
GreenFare Organic Café	https://greenfare.com/
Happily Ever Esther Farm Sanctuary	https://www.happilyeveresther.ca/
Happy Cow	https://www.happycow.net/
Humane Decisions	https://www.humane_decisions.com/
Humane Society International	https://www.hsi.org/
In Defense of Animals	https://www.idausa.org/
Institute for Humane Education	https://humaneeducation.org/
International Society for Animal Rights	https://isaronline.org/
International Vegetarian Union	https://ivu.org/
Jewish Veg	https://www.jewishveg.org/
Mercy for Animals	https://www.mercyforanimals.org/
Nonhuman Rights Project	https://www.nonhumanrights.org/
North American Vegetarian Society	https://navs-online.org/
Nutrition Facts (Michael Greger, M.D.)	https://nutritionfacts.org/
Open Cages	https://opencages.org/
Our Hen House	https://www.ourhenhouse.org/
People for the Ethical Treatment of Animals (PETA)	https://www.peta.org/
PETA Kids	https://www.petakids.com/
Physicians Committee for Responsible Medicine (PCRM)	https://www.pcrm.org/
Poplar Spring Animal Sanctuary	http://www.animalsanctuary.org/
ProVeg International	https://proveg.com/
The Christian Vegetarian Association	https://www.christianveg.org/
The Good Food Institute (GFI)	https://www.gfi.org/
The Humane League	https://thehumaneleague.org/
The Humane Society of the United States (HSUS)	https://www.humanesociety.org/
The Vegan Society	https://www.vegansociety.com/
The Vegetarian Resource Group	https://www.vrg.org/
United Poultry Concerns	http://www.upc-online.org/
Veg Events	https://www.vegevents.com/
Vegan.com	https://www.vegan.com/
Vegan.com list of farm animal sanctuaries	https://www.vegan.com/sanctuaries/
Vegan Action/Vegan Awareness Foundation	https://vegan.org/
Veg Meal Delivery	https://www.vegmealdelivery.com/
Vegan Outreach	https://veganoutreach.org/
Veg Source	https://vegsource.com/
Woodstock Farm Sanctuary	http://woodstocksanctuary.org/

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Some spiritual (religious) vegan organizations' websites

<https://christianveg.org/>

<https://www.all-creatures.org/> and <https://www.all-creatures.org/ff/index.html> (also Christian)

<https://www.premierchristianity.com/home/why-all-your-friends-are-going-vegan/3509.article>

<https://veganmuslims.com/>

<http://veganbuddhism.com/>

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

<https://www.dharmavoicesforanimals.org/> (DVA)

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_jNzjQ1avU

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

Vegan athletes

www.greatveganathletes.com

www.veganbodybuilding.com

www.adaptt.org/athletes.html

Vegan ultramarathoners

www.scottjurek.com

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

www.richroll.com

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.themeatrix.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.cowspiracy.com/> <http://factoryfarmdrones.com/>

<http://www.cultureunplugged.com/documentary/watch-online/festival/gsearch.php?q=vegan>

<http://www.plantpurenation.com>

<https://gamechangersmovie.com/>

A list of 52 vegan movies and 108 videos online

<https://savageheart.com/vegan/Movies%20about%20Veganism%2020181216.pdf>

A list of more than 250 movies with more being added

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

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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

"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=OGGQxJLuVjg>

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

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

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A few books about veganism (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.
- *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

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- *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.
- *Ethical Vegan: A Personal and Political Journey to Change the World* by Jordi Casamitjana

[Vegan Books](#) (161 titles + authors in an Excel spreadsheet .xlsx, last updated 8/9/2018)

[30 books for children about veganism](#) (PDF, last updated 8/11/2017)

Links added 12/19/2020

Challenge 22 - get a vegan mentor

<https://challenge22.com/>

Guide to justifications for harming and exploiting animals

<http://www.godfist.com/vegansidekick/guide.php>

1,940 vegan recipes

<https://www.allrecipes.com/recipes/1227/everyday-cooking/vegan/>

One Green Planet vegan recipes

<https://www.onegreenplanet.org/channel/vegan-recipe/>

Veg Groups

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

Veg Meal Delivery

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

Vegans Make a Difference

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

TEDx Talk: Dr. Joanne Kong: The Power of Plant-Based Eating (15 minutes, with over 860,000 views)

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

Dr. Joanne Kong: An Urgent Plea for Healing: Cherish All Animals (12 minutes, speech, imagery, and music). There are two versions:

<https://www.youtube.com/watch?v=pCagF-Q3u30> (includes 14 seconds of factory farming footage)

<https://www.youtube.com/watch?v=zcz1bW-zYuQ> (same video, non-graphic version)

Dr. Joanne Kong: COVID-19: A Point of Awakening for Humanity (40-minute major address)

<https://vimeo.com/474749658>

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Dr. Joanne Kong: The Act of Courageous Compassion That Can Heal Our World (44 minutes, speech, imagery, and music, bringing an end to animal exploitation)

<https://www.youtube.com/watch?v=bxbcgev2WJE>

Porchlight Sanctuary

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

Colleen Patrick-Goudreau: Excuse-itarian to Vegan: Debunking the Myths of Plant-Based Living

<https://www.youtube.com/watch?v=9Z7a4SCUDWU>

TEDx Talk: Colleen Patrick-Goudreau: Animalogy: Change your language. Change the world.

https://www.youtube.com/watch?v=0_BKbKDM2cs

Find a “factory farm” near you. Go visit and see how your “food” is “prepared.”

<https://www.google.com/search?q=addresses+of+factory+farms+in+the+u.s.>

TEDx Talks about veganism on YouTube. There are so many, it's pretty much an infinite scroll.

https://www.youtube.com/results?search_query=tedx+vegan

Links added 1/18/2021 and later

Humans are Naturally Plant Eaters – chart comparing characteristics of carnivores, omnivores, herbivores, and humans

<https://michaelbluejay.com/veg/natural.html>

Milton Mills, MD: Are Humans Designed to Eat Meat?

https://www.youtube.com/watch?v=NMN1Zo_c7_A

Krista Hiddema – list of animal sanctuaries around the world

<https://kristahiddema.com/sanctuaries>

List of animal sanctuaries in the U.S.

<http://www.humanedecisions.com/list-of-animal-sanctuaries-in-the-u-s/>

International list of animal sanctuaries

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

List of farm animal sanctuaries worldwide

<https://www.vegan.com/sanctuaries/>

List of animal sanctuaries and wildlife reserves worldwide

<http://www.greenpeople.org/sanctuary.htm>

Are humans omnivores, carnivores or herbivores?

<https://www.youtube.com/watch?v=Z4NsMiOMmCY>

The Holocaust Comparison Project – Dr. David Sztybel

<http://davidszybel.info/16.html>

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VegNews

<https://vegnews.com/>

Animal Justice Academy

animaljusticeacademy.com

The Open Sanctuary Project

<https://opensanctuary.org/>

21 Reason To Go Vegan in 2021 - Dr. Neal Barnard, M.D.

<https://www.youtube.com/watch?v=-Qb53tBs0Ws>

Until All Are Free

<https://www.youtube.com/watch?v=ceSpqueaz0Y>

What's Alexa Have To Say About Veganism? (Vegan debate, I get totally destroyed!

<https://www.youtube.com/watch?v=eNfYEDO14oE>

Alexa Calls Out The Internet (Vegan Debate Continued)

<https://www.youtube.com/watch?v=TPAPkFPwU4E>

Alexa Answers Why We Should Stop Eating Fishes in this Heated Vegan Debate

<https://www.youtube.com/watch?v=9pgU49Prw60>

Vegan Interactions

<https://veganinteractions.com/>

Vegan Chatbot

<http://veganbot.com/chat>

Plant-Based Telehealth

<https://plantbasedtelehealth.com/>

Veg Resources

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

Gunda (movie, 2020, produced by Joaquin Phoenix)

<https://www.gunda.movie/>

Should Vegans Promote "Baby Steps"? – James Aspey

<https://www.youtube.com/watch?v=IbUIDI5OBGg>

Why I'm A Vegan | Moby | TEDxVeniceBeach

<https://www.youtube.com/watch?v=6DgUb9w8mOY>

The Next Pandemic: Last Week Tonight with John Oliver (HBO)

<https://www.youtube.com/watch?v=v-U3K1sw9U>

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How to Prevent the Next Pandemic

https://www.youtube.com/watch?v=k_bFbz1hi9g

Million Dollar Vegan

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