

## Where can I learn more?

### Books

*The China Study* by T. Colin Campbell and Thomas M. Campbell  
*The Engine 2 Diet and My Beef with Meat* by Rip Esselstyn

*Reverse and Prevent Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure* by Caldwell B. Esselstyn

Jr.  
*The Starch Solution* by John A. McDougall and Mary McDougall  
*Power Foods for the Brain* by Neal D. Barnard

*Whole* by T. Colin Campbell

### Documentaries

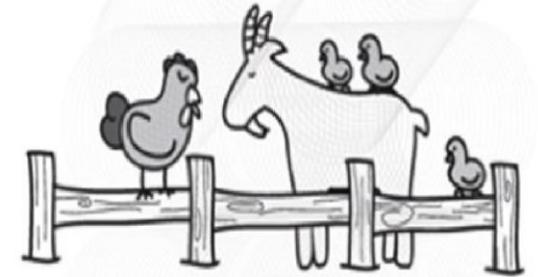
*Forks Over Knives*

*Vegucated*

*Got the facts on Milk?*  
milkdocumentary.com

### Web sites

Dr. John McDougall, MD [drmcdougall.com](http://drmcdougall.com)  
Physicians Committee for Responsible Medicine [pcrm.org](http://pcrm.org)



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Answers to commonly asked questions about an animal free diet. Safe Haven Farm Sanctuary

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## What is the difference between a vegan and a vegetarian?

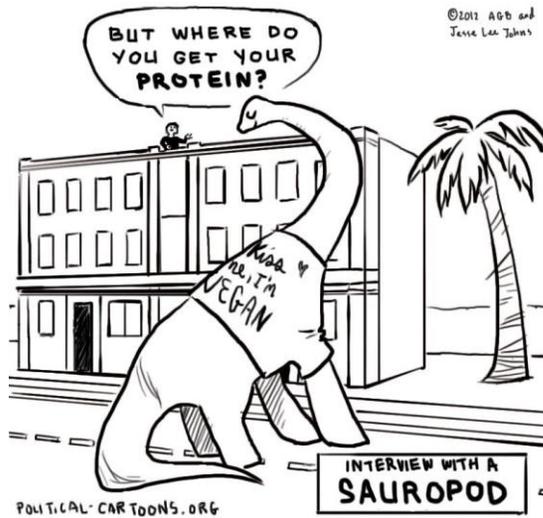
A vegetarian is someone who does not consume the actual body of an animal. A vegan is a vegetarian who also refrains from consuming products that come from an animal such as cheese, eggs, milk, and yogurt. Ethical vegans refrain from using anything containing animal products to show compassion for sentient beings.

## Will I get enough protein from an animal-free diet?

You can get all the protein you need from eating a variety of plants. Many researchers say that plant protein is healthier for humans than animal protein. Some of the biggest animals in the world such as horses, rhinoceroses, and elephants get plenty of protein from plants and so can humans.

The following is a list of some of the many plant foods that contain protein:

Plant Food	% of calories that are protein
Spinach	51%
Mushrooms	35%
Beans	26%
Oatmeal	16%
Whole Wheat Pasta	15%
Corn	12%
Potatoes	11%



## Where will I get my calcium?

Plants! Some plant-foods particularly high in calcium include green leafy vegetables, nuts, oranges, kidney beans, lima beans, whole grains, Swiss chard, lentils, raisins, broccoli, kale, celery, tofu, and romaine lettuce.

Eating a plant-based diet is actually more likely to give you calcium than eating an animal-based diet. Research has shown that the excess protein found in animal foods causes high acidity in the human body. In order to offset the high acidity, calcium is leached out of the bones to neutralize body fluids.

This is why in places like the United States, New Zealand, Britain, and Sweden where there is a high consumption of dairy products there is also a high rate of osteoporosis. In rural China, where people consume 1/3 of

the dairy that people in the United States do, there are almost no cases of osteoporosis.

## Where will I get my omega 3 fatty acids?

Ground flaxseed meal, walnuts, (unprocessed) soybeans, and green leafy vegetables. These are actually better sources of omega 3-fatty acids than fish or fish oil, which have been linked to raising cholesterol levels, increasing chances of hemorrhagic stroke, and weakening of the immune system.

## What about Vitamin B12?

Vitamin B12 is the only nutrient that plant-based foods lack. B12 comes from bacteria that are found in the dirt. Since most people like to wash their fruits and veggies, you can also get your supply of B12 through nutritional yeast, fortified nondairy milks and cereals, or a 500microgram B12 pill.

