

## Making the Transition



While changing any habit requires a period of adjustment, transitioning to a vegan diet is a lot easier than you may think. Many of the foods you eat now are already free of animal products: fruits, vegetables, grains, nuts, beans, and even classic comfort food like peanut butter and jelly. A variety of alternatives to animal-based meat and dairy (milk, cheese, ice cream, etc.) are available in most supermarkets.



### Eating out is a snap!

Just check out the ever-growing list of fast food chains offering plant-based options:



### And more tips!

- Visit [LiveVegan.org](http://LiveVegan.org), and sign up for our weekly support e-newsletter!
- Find great places to eat out from [HappyCow.net](http://HappyCow.net)
- Sign up for the Vegan Outreach Mentor Program
- Join a local vegan meetup



## Loaded Vegan Nacho Fries

### Ingredients:

- 1 lb. frozen or fresh-cut french fries
- 1/4 cup enchilada sauce
- 1/2 bag Daiya Pepperjack Shreds
- 1 cup cooked black beans
- 1 medium tomato, chopped
- 1/2 medium red onion, finely chopped
- 1 jalapeno, thinly sliced
- 1/2 avocado, halved and thinly sliced
- Cilantro and lime wedges for garnish



### Directions:

1. Bake fries on a baking sheet according to directions or at about 350°F for 40 minutes, flipping halfway through.
2. While the fries are baking cook the black beans according to directions on label.
3. When fries are finished baking move them to an oven-safe pan or container (this is also where you will assemble the nachos). Then set oven to 'broil' or to at least 450°F.
4. Drizzle the enchilada sauce over the fries evenly and top with the Daiya shreds.
5. Place the dish back into the oven until the cheese is melty (about 3-6 minutes).
6. Remove dish from oven and top with cooked black beans, chopped tomato, onion, jalapeno, avocado, cilantro, and lime. Serve immediately. Enjoy!

### Get support!

Request vegan support from [LiveVegan.org](http://LiveVegan.org) and sign up for our 8-week email program that includes detailed information, helpful resources, and tips on transitioning to plant-based living. And sign up for our FREE **Meatout Mondays** weekly e-newsletter with even more tips and recipes!

Live Vegan is a project of Farm Animal Rights Movement (FARM), a national nonprofit organization working to end the use of animals for food through public education and grassroots activism. For more information, to donate, volunteer, or request additional copies, contact us:

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# Live Vegan





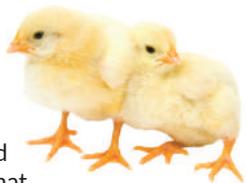
## What does it mean to Live Vegan?

When we embrace the vegan lifestyle, we minimize harm to ourselves and others -- including the animals.

A vegan diet consists of vegetables, grains, fruits, and nuts, and avoids products of animal exploitation, including flesh, eggs, and milk. Vegans choose clothing that's free of fur, leather, and silk, and choose cosmetics and products that contain no animal ingredients and are not tested on animals. Vegans avoid circuses, rodeos, hunts, and other activities that abuse and kill animals.

## Abusing Animals...

- Each year, 60 billion cows, pigs, chickens, and turkeys and uncounted billions of fish and other aquatic animals are abused and killed for food worldwide. That accounts for 99% of the total.
- Uncounted millions of monkeys, dogs, cats, pigs, guinea pigs, rabbits, rats, mice, and other animals are caged, deprived, poisoned, shocked, killed, and dissected in drug research, product testing, and medical education.
- Millions of mink, chinchillas, rabbits, foxes, and other fur-bearing animals are trapped or raised in small cages and brutally killed for their skins.
- Thousands of elephants, tigers, camels, horses, bulls, and dogs are brutally trained to perform in circuses and rodeos for public entertainment.
- 'Humane,' 'free-range,' and 'organic' products still come from animals who are imprisoned, abused, and brutally slaughtered.



## Live Vegan for the Animals



- Male baby chicks are ground up fully conscious after hatching, or suffocated slowly in plastic garbage bags, because they don't lay eggs.
- Egg-laying hens spend their entire lives stuffed in groups into a small wire-mesh cage that tears out their feathers and cuts their feet.
- Chickens raised for meat are crammed in windowless sheds filled with toxic fumes and their own feces.



- Mother pigs spend their entire lives in metal gestation crates, unable to turn around. Their babies are taken from them shortly after birth and castrated without anesthesia.



- Dairy cows are routinely artificially impregnated and their babies are torn from them at birth, so dairies can sell their milk.



- Uncounted billions of fish and other aquatic animals are suffocated, bludgeoned, or skinned alive each year for human and animal consumption. Many are discarded as unfit for consumption.

*... it doesn't have to be this way!*

## Live Vegan for Our Environment

- Animal agriculture is responsible for more man-made greenhouse emissions than all forms of transportation combined.
- Irrigation of croplands used to raise animals for food is the largest consumer of piped water.
- Animal waste and erosion of croplands used to raise animals for food account for more pollution of our lakes and streams than all other human activities combined.
- Animal agriculture is the leading destroyer of forests, wetlands, and other wildlife habitats. U.S. Fish and Wildlife Services kill millions of animals viewed as interfering with ranchers.

## Live Vegan for Your Health

A diet containing animal flesh, eggs, and milk products is laden with saturated fat, cholesterol, hormones, antibiotics, and pathogens. It has been linked conclusively to obesity, diabetes, heart disease, stroke, several forms of cancer, and other chronic diseases that cripple and kill 1.3 million Americans each year.

On the other hand, a properly balanced vegan diet is healthy, nutritious, and reduces the risk of chronic diseases. It is endorsed for all life stages by the Academy of Nutrition and Dietetics, the leading organization of food and nutrition professionals.

