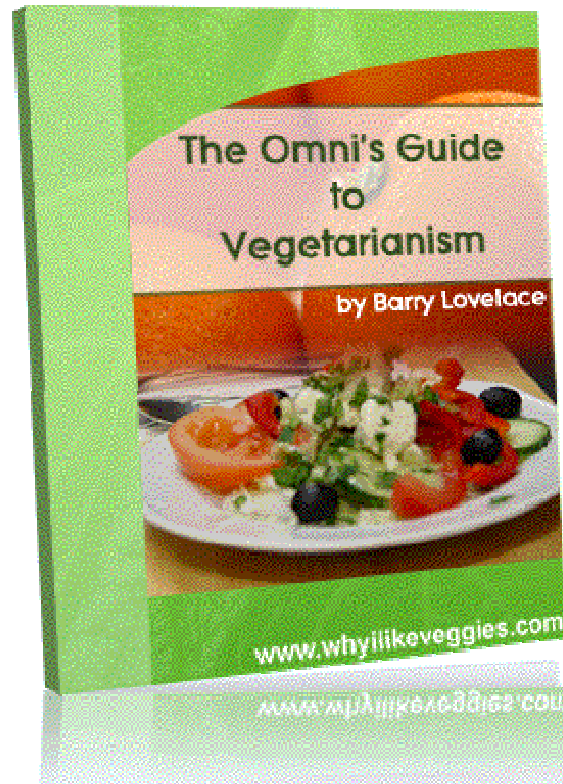


The Omnivores Guide To Vegetarianism



Barry Lovelace is a fitness professional from Allentown, Pa – USA. He is a strict vegan and fitness fanatic. Barry is the creator of several fitness products including Exercise for Every BODY Series Two (www.exerciseforeverybody.com) which was filmed at The Farm Sanctuary in Watkins glen, NY. Find out more about Barry at www.barrylovelace.com

Let me give you a little background on myself. I've been a strict vegan for over nine years now. I personally choose this lifestyle for ethical reasons (you will learn more about the reasons of others soon). These last nine years have been a revelation to me in many ways, I have learned a lot. If you would have told me 10 years ago that I would become a vegan I would have laughed. Like most people, I 'loved' meat and cheese. Once I learned about what really goes on behind the scenes of meat and dairy production in our country, it didn't matter how much I 'loved' to eat meat and cheese, I could not continue to do it and look at myself in the mirror. Once you know, you can't pretend not to know. I will tell you that today I thoroughly enjoy my food, it is delicious, and I don't miss a thing.

Food is a big part of our life. It is societal and cultural. Food is often the centerpiece of life from a social aspect. We eat when we celebrate, we eat when we gather with friends and family, we eat at weddings and we eat at funerals. Because eating is a very social part of our culture, being vegan is not something that you can keep to yourself for very long. People notice how you order when you go out to dinner. People hear about your dietary restrictions if they invite you over for dinner. Even just in regular conversation the subject of a persons vegetarian or vegan lifestyle can come up. It is at this time when we realize just how much there is to teach people about what we do, how we do it and why we do it. Many of you are very curious about why vegetarians/vegans do what they do. You have questions and this e-book has the answers. When you are done reading this book you will have a better understanding of the principles, reasons, health concerns, etc. of the lifestyle that your vegetarian/vegan friends and family have chosen. Over the years I have received countless questions and comments regarding my being vegan. In preparing to write this I coupled all of that personal experience with the experiences of dozens of others that I have interviewed. Surely you will find at least one of your questions or comments answered here. Let's begin!



Barry Lovelace is a fitness professional from Allentown, Pa – USA. He is a strict vegan and fitness fanatic. Barry is the creator of several fitness products including Exercise for Every BODY Series Two (www.exerciseforeverybody.com) which was filmed at The Farm Sanctuary in Watkins glen, NY. Find out more about Barry at www.barrylovelace.com

What does vegetarian mean

First of all, let's begin by explaining the different types of vegetarians, as this in itself can get pretty confusing. Before researching for this book, I had never even heard of a pescatarian!

Vegetarian – A person who does not eat beef, pork, poultry, fish, shellfish or animal flesh of any kind, but does eat eggs and dairy products.

Lacto-Vegetarian – A vegetarian who does not eat eggs but does use dairy products.

Ovo-Vegetarian – A vegetarian who does not use dairy products but does eat eggs.

Pescatarian – A person who does not eat any flesh with the exception of fish.

Vegan – A person who does not eat the flesh of any living thing and also does not eat eggs, dairy products, or processed foods containing animal-derived ingredients such as gelatin or whey.

Why go vegetarian

Now that we understand the terminology and different types of vegetarians, let's discuss the different reasons people have for making this choice, as there are several.

Ethical - Many people choose a vegetarian diet because of the animal cruelty that is involved in factory farming. For these people being a vegetarian or vegan is a deep-rooted moral and ethical decision. Much of what happens in the factory farms is hidden from our view, and for good reason. If people really understood what went on in there than these companies would be out of business because of the massive switch to vegetarianism.

Medical - Many people choose a vegetarian diet to improve their health or at the advice of their doctor. Doctors know that reducing or eliminating the saturated fat that is found in red meat and the cholesterol that is found in all animal products can help us get healthier and stay that way and luckily many people are listening.

Barry Lovelace is a fitness professional from Allentown, Pa – USA. He is a strict vegan and fitness fanatic. Barry is the creator of several fitness products including Exercise for Every BODY Series Two (www.exerciseforeverybody.com) which was filmed at The Farm Sanctuary in Watkins glen, NY. Find out more about Barry at www.barrylovelace.com

Religious – You may be surprised to learn that the majority of the world's vegetarians do so for religious reasons. Of course with the many religions that are practiced this varies from person to person and from country to country. Many religions, including Buddhism and Hinduism, teach that all life should always be valued and not willfully destroyed, these large populations play a key role in why religion is the number reason for adopting a vegetarian lifestyle. Of course, there are many others who view their choice as a religious one as well.

Environmental – The percentage of people choosing a vegetarian lifestyle for environmental reasons appears to be growing. These people believe that the over grazing of land by cattle, the waste from stockyards and slaughterhouses and the incredible amount of water needed to supply the hundreds of millions of animals produced for food all add up to an environmental disaster that is simply unnecessary.

What do vegetarians/vegans eat

This is probably the most asked question that we hear. I must admit that it always surprises me. Especially because it often comes from a person whose normal diet is repetitive and has little variety. If you often wonder what we eat, take a moment to ask yourself what you eat. I would wager that your core foods are much more restrictive than mine are. The average Americans diet is repetitive because it is built around meat and there are only so many types of meat products. That is why this way of eating is more confining. When the focus is on meat you miss out on all the great variety out there as well as other ways to cook fabulous meals. A plant-based diet is not lacking in variety or inspiration, quite the opposite, since switching to this way of eating a whole new world has opened up for me and it is absolutely delicious.

Back to the question, in the first section, you read the list of food we *don't* eat. If you notice, it is not a long list. Vegetarians *don't* eat flesh from a living creature. Vegans *don't* eat flesh from a living creature, eggs or dairy products. So what *do* they eat? *Everything else!* There is a lot of wonderful food in this world. Vegans eat grains (and there are so many wonderful grains!), vegetables, bagels, fruits, tofu, seeds, potatoes, yams, legumes, cereal, tempeh, oatmeal, nuts and nut butters, pasta, bread, meat substitutes, etc. We eat soy or rice ice cream, we eat baked goods that we make without eggs or dairy, and we eat dark chocolate, we eat grilled vegetable pizza, we eat lots of wonderful food and enjoy it. There is hardly a food I can think of that I cannot make a vegan version of. Barry Lovelace is a fitness professional from Allentown, Pa – USA. He is a strict vegan and fitness fanatic. Barry is the creator of several fitness products including Exercise for Every BODY Series Two (www.exerciseforeverybody.com) which was filmed at The Farm Sanctuary in Watkins Glen, NY. Find out more about Barry at www.barrylovelace.com

The idea that vegans are sacrificing good food for their beliefs is a huge misconception. Our diet is delicious and varied. As for vegetarians, they eat everything except meat, fish and poultry. So basically, vegetarians eat everything that vegans do plus eggs and dairy products.

Where do you get your protein

I'd like to start off answering this question by going over the amount of protein the body needs. The RDA for protein for an average person is .8 grams per kilogram of body weight. To figure this out for yourself, take your bodyweight in pounds and multiply that number by .36, the answer is your recommended protein intake. Many nutritionists believe that this formula is inflated and that 25-35 grams of protein a day is sufficient. No matter which source you want to go by, you are probably taking in a lot more than the recommendation. The sad fact is that the average American consumes over 100 grams of protein a day! Eating too much protein puts much undo stress on your body. Too much protein puts a huge strain on your kidneys. The excess protein releases nitrogen into the blood and then the kidneys must work very hard to expel this waste through the urine. Another downfall of eating too much protein is the calcium drain. It is a fact that if you take in too much protein, it will cause you to excrete calcium through your urine and this could lead to osteoporosis. Unfortunately the reason that the average American takes in more than 100 grams of protein a day is because we, as a nation, rely heavily on animal products for our food sources. If you have some meat and/or cheese or eggs at each meal, which many people do, than you don't even have to overeat to greatly overdo the protein. It is the ratio that is off. Animal proteins are the unhealthiest form of protein because of their high cholesterol levels, the workload they create on the digestive system and for many of them, their saturated fat. Many people see protein (meat) as the 'main course' of meals. This has led us down the road we are now on with alarming incidents of heart disease, diabetes, cancer and obesity.

Now that you have a better understanding of how much protein you need, let me answer the original question of where do vegetarians/vegans get their protein.

Vegans get their protein from legumes, soy products like soymilk or yogurt, nuts, seeds, whole grains and meat substitutes. A vegan who eats a varied and balanced diet has no problem in hitting their protein target but if there is a concern, there are many high quality and vegan protein powders on the market. Vegetarians who use dairy products and eat eggs obviously can get protein from these sources as well as the ones listed for vegans.

Barry Lovelace is a fitness professional from Allentown, Pa – USA. He is a strict vegan and fitness fanatic. Barry is the creator of several fitness products including Exercise for Every BODY Series Two (www.exerciseforeverybody.com) which was filmed at The Farm Sanctuary in Watkins glen, NY. Find out more about Barry at www.barrylovelace.com

Isn't a vegan diet deficient in calcium

Here again knowing the target you need to hit is very important. The daily recommended intake of calcium is 1000 mg per day for adults up to age 50 and 1200 mg per day after that. The American Dairy Council has done lots of hard work to convince us that calcium is only available to us in the form of dairy products. This could not be further from the truth. One cup of reduced fat milk has 298 mg of calcium. One cup of calcium fortified orange juice has 300mg of calcium and none of the bad stuff like cholesterol. Here is a short list of some of the healthier, vegetarian options for calcium intake.

- 4 ounces of fortified tofu – 420 mg
- 2 Tbsp of blackstrap molasses – 400 mg
- 8 oz. of fortified orange juice – 300 mg
- 1 cup broccoli – 94 mg
- 8 oz. soy milk – 200-300 mg
- 6 oz. soy yogurt – 100-250 mg
- 1 cup kale – 179 mg
- 1 cup tempeh – 215 mg
- ¼ cup almonds – 95 mg

As you can see, there is no shortage of calcium in vegetarian foods. There are also countless calcium fortified products these days like cereals and oatmeal. But, like anyone else, if we have a concern about our calcium intake, we can take a supplement.

What do you do when you go out to eat

Thankfully, the vast majority of restaurants today have vegetarian options available. For vegans it can be slightly more complicated but is still very doable. So please don't be afraid to ask us out to dinner, we can do it. First of all, when ordering it is necessary for us to speak up to ensure that we get what we want and that we don't get what we don't want. Even salads sometimes come with cheese so a vegan will have to specify that they don't want that. As far as entrees go, it is usually easiest for vegans and vegetarians to eat in ethnic restaurants like Chinese, Indian or Italian. These types of restaurants usually will always have options that can be ordered right off the menu without the need to request alterations. When we do need to special order and ask questions of our server, we are not trying to be difficult or anything like that, it is just easier for everyone involved to try to get it right when the order is placed instead of having a situation occur when the

Barry Lovelace is a fitness professional from Allentown, Pa – USA. He is a strict vegan and fitness fanatic. Barry is the creator of several fitness products including Exercise for Every BODY Series Two (www.exerciseforeverybody.com) which was filmed at The Farm Sanctuary in Watkins Glen, NY. Find out more about Barry at www.barrylovelace.com

food is brought out. The vegetarian/vegan population is growing and will only continue to do so; with time eating out will keep getting easier and easier.

Are you offended when I eat meat in front of you



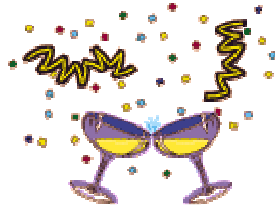
We absolutely are not. There are the fringe extremists in every aspect of the population so I imagine that out there somewhere is a vegetarian who might feel this way, but the average vegetarian is a person who has made a choice for his or herself and that's that. None of us live with the delusion that the people around us should have to 'comply' with our lifestyle when they are with us, that is not how a free society works. There may be situations, however, that don't work out for us. For instance, say some people want to go to a steak house and they invited me, I would have to really think about that. This is not a problem because I am offended; it is a problem because the smell of the meat would make me feel sick to my stomach. In a situation like this, I would probably just not go. That is a choice I would have to make and should not make you feel offended or hurt, I would not be offended that you asked me to a steak house, so please don't be offended if I decline. This is an individual thing and some other person who is vegan might not decline.

How do you handle dinner invitations at someone's house



It depends. If the person inviting me knows that I am a vegan and if I know that they know what that means, then I will just show up. If the person inviting me doesn't know about my dietary restrictions then I will call them and let them know. I will offer to bring something I can eat. I will also tell them that I don't want them to go out of their way for me. Making these phone calls can feel uncomfortable but it is much more uncomfortable to sit at someone's dinner table and not eat what they serve you. Calling ahead to discuss this is what is best for my host and for me. I cannot discuss dinner invitations without getting to the subject of family/holiday dinners. Most people have some holiday traditions that involve food. Let's take Thanksgiving, for example. Sometimes, family will have a hard time adjusting to you not eating these traditional meals or may even get offended. I know that when I first went vegetarian my mother in law, who always cooked the Thanksgiving meal, was very upset and I'd say offended that I would not eat turkey. She took it personally and of course that is not how it was meant. Please remember that we do what we do for a reason, as were stated in the beginning of this book, and the reason is not to annoy or upset you or to break family tradition.

Barry Lovelace is a fitness professional from Allentown, Pa – USA. He is a strict vegan and fitness fanatic. Barry is the creator of several fitness products including Exercise for Every BODY Series Two (www.exerciseforeverybody.com) which was filmed at The Farm Sanctuary in Watkins glen, NY. Find out more about Barry at www.barrylovelace.com



How about parties?

Parties are much easier to handle because they are not sit down meals and the food issue does not need to come up. Obviously, if I am asked to bring something than I will obviously bring something that I as well as everyone else can eat. Most parties will have something I can put on my plate like a veggie tray or fruit tray, pretzels or tortilla chips and salsa. This way my host sees me eating something. One important rule that I follow, especially since I'm vegan, (it is easier for vegetarians) is to not go to a party with the intention of being fed. I eat before I go, this way I'm never disappointed and hungry and I can just enjoy the party and the people and not dwell on the food. Also, I see no reason to go around and announce my being vegan everywhere I go. If I am at a party and the host or another guest, who doesn't know I'm vegan, asks me to have some chicken or a piece of cake, I don't stand there and explain that I'm a vegan. I simply respond by saying one of several things such as: 'not right now, maybe in a little bit' or 'I'm full, but thank you' or 'everything looks delicious' or 'I will get myself a plate soon', etc. There are times to discuss being vegan and times when not to and this is definitely not the time, it serves no purpose.

Aren't you being rude by not eating what is served to you

It is understandable that some people may feel this way. There are different ways to look at this situation. First of all, vegetarians and vegans who choose their lifestyle for ethical reasons realize that the average person does not understand just how much the way we eat, and more so the reasons behind it, means to us. Most people cannot comprehend how deep of a moral commitment a cruelty free lifestyle is. If they did understand then there is no way that they would expect us, for example, to eat a turkey on Thanksgiving just because they made one. It can be challenging to alert people to how deeply committed we are without offending them or making it seem like an attack on their lifestyle. This is a slippery slope that each of us deals with in his or her own way. The bottom line is this; it is not rude for anyone to decide what he or she puts into his or her body, it is each person's choice. In actuality, if it is deemed 'rude' for us to live by our convictions than it may be deemed equally 'rude' for someone to try to convince us to do otherwise. Secondly, for those people who choose to be vegetarian solely for health reasons and without ethical concerns, I imagine that they need to decide on a case-by-case basis whether or not they will have some meat on special occasions. But there again, it is the

Barry Lovelace is a fitness professional from Allentown, Pa – USA. He is a strict vegan and fitness fanatic. Barry is the creator of several fitness products including Exercise for Every BODY Series Two (www.exerciseforeverybody.com) which was filmed at The Farm Sanctuary in Watkins glen, NY. Find out more about Barry at www.barrylovelace.com

choice of the person eating the meal, not the person serving the meal. Once again, our reasons for our choice have nothing to do with you; they are not to offend you in any way.

I really just don't agree with the way you eat.

Well, that is all right, you don't have to. I cannot help but notice that some people really have the way I eat on their mind. I know that I have been in this situation countless times and so I've given a lot of thought to the subject. In my opinion, the answer is two-fold. First of all, and especially with family, by choosing a different way, you feel we are rejecting the way you raised us. This is not how we mean it, but this is how it is often perceived. Parents especially feel that when we choose to live differently, we are saying that what they did was wrong. I try to be sensitive to this and not be argumentative, but rather just explain that I have good reasons for choosing my lifestyle. I like to be gentle in my approach and I really feel it is the best way to handle things, especially in the beginning.

Secondly, when it comes to people in general, I think that when we tell them we are vegan they either feel somewhat guilty about what they eat or feel we are taking a moral high ground with them and that is why they sometimes get defensive. In fact, by us simply saying we are making an ethical choice may make people perceive that we are saying they are unethical. Once again, this is not the case or how we intend to make people feel but often this is what it comes down to. I think it is important to always remember that a peaceful approach is the best approach on both sides. Even if we don't agree with each other I hope that we can understand each other.

I worry that the way you eat is unhealthy.

For generations and generations, people have been raised with a certain mindset to what is healthy and what is not. That coupled with the huge advertising budgets of the Dairy and Beef Councils has led to lots of confusion about just what is healthy and what isn't. This is another situation where knowledge is power so here is a list of things that will hopefully make you feel better about the way your vegetarian/vegan friend or family member eats.

Barry Lovelace is a fitness professional from Allentown, Pa – USA. He is a strict vegan and fitness fanatic. Barry is the creator of several fitness products including Exercise for Every BODY Series Two (www.exerciseforeverybody.com) which was filmed at The Farm Sanctuary in Watkins glen, NY. Find out more about Barry at www.barrylovelace.com

- There is absolutely no cholesterol in plant-based food; cholesterol only comes from animal products.
- Red meat and dairy products are laden with artery clogging saturated fat.
- Animal products do not provide any fiber whereas a vegan diet is fiber rich.
- Research has proven without doubt that vegans suffer much less from the common diseases that plague the majority of the population such as cancer, heart disease, high blood pressure and diabetes.
- Doctors often suggest that people stop eating red meat and other saturated fats but never suggest that people stop eating whole grains and vegetables.
- Turkey has just as much cholesterol as beef.
- Adequate amounts of protein and calcium can be supplied by a vegan diet.
- Even low fat dairy products have cholesterol.

Since people often associate a vegetarian/vegan with being weak and unhealthy, I have also included a list of professional vegetarian athletes. Here are just a few:

Hank Aaron (baseball player), Steve Berra (pro skateboarder), Brendan Brazier (ironman triathlete) Peter Brock (race car driver), Peter Burwash (tennis player), Andreas Cahling (champion bodybuilder), Chris Campbell (Olympic wrestler), Sally Eastall (marathon runner), Ruth Heidrich (3-time Ironman), Desmond Howard (football, Heisman trophy winner), Billie Jean King (tennis) Romy Korz (ballerina), Killer Kowalski (wrestler), Tony LaRussa (pro-baseball manager) Debbie Lawrence (5k record holder), Marv Levy (pro-football head coach) Carl Lewis (Olympic track star), Bill Manetti (powerlifting champion), Mike Manzoori (pro skateboarder), Edwin Moses (Olympic track star), Joe Namath (football player) Martina Navratilova (tennis player), Robert Parnish (basketball player), Bill Pearl (bodybuilder) Anthony Peeler (basketball player), Laban Pheidias (pro skateboarder), Lawrence Phillips (football player), Pat Reeves (powerlifter), Murray Rose (Olympic swimmer), and Lucy Stephens (tri-athlete)

My grandmother ate meat and lived to be 90 years old.

I often hear remarks like this when I bring up the healthy aspects of eating a plant-based diet. There is no doubt that some people will not die young as a result of eating meat and dairy, there is also no doubt that some people will. If you don't mind rolling the dice with this one than that is up to you, but I would also like to point out a few other things about this. First of all, our grandparents lived in a different time, the food they ate, even the meat and dairy, was much more pure than what there is today. Today, along with your roast beef, milk and other items, you get antibiotics, growth hormones and other types of additives that the producers of these products use to make the animals grow fast, to make them produce much more milk than they normally would or should, to keep the animals

Barry Lovelace is a fitness professional from Allentown, Pa – USA. He is a strict vegan and fitness fanatic. Barry is the creator of several fitness products including Exercise for Every BODY Series Two (www.exerciseforeverybody.com) which was filmed at The Farm Sanctuary in Watkins glen, NY. Find out more about Barry at www.barrylovelace.com

from getting sick since their treatment is so bad that the risk of sickness is great and so on and so on. Aside from that difference, our grandparents were extremely active; they did physical work from the time they awoke in the morning until they went to bed at night.

They also lived with less environmental pollutants. We live in a time where certain things are beyond our control; it is nice to at least be able to control what we digest.

If animals eat each other in the wild, why shouldn't we eat them



Too often people can't get their head around the idea that we are not living in a time when we needed to hunt and kill to survive. We are not living in the wild so I never quite understand this comparison. And while I'm on the subject, the cows, pigs, chickens and turkeys that people eat are not wild animals, man produces them by the hundreds of millions each year solely for food. Here again, I think it is important to point out that the worst part of what happens to these animals is not their horrific death but the torturous life they lead up until their death and the fact that they suffer greatly and unnecessarily. It is unnecessary because we do not need to eat them to survive and in fact eating them has caused us to become obese and unhealthy. Also, the animals that eat other animals in the wild are naturally carnivorous. They have the teeth to bite into that flesh, they have the intestines and stomachs necessary to digest that flesh, they are designed for it; we are not.

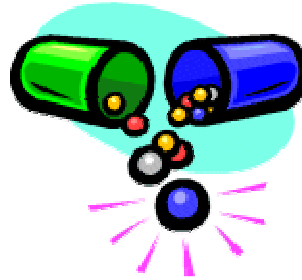


If you don't eat beef you will become anemic.

I believe that the beef industry has done a good job of convincing people, mainly women, that they need to eat beef in order to boost their iron levels. Have you ever seen the commercial where it shows the women in the restaurant and they are all eating steaks and it talks about them getting their necessary protein and iron? These ads are bought and paid for by the beef industry. This is advertising disguised as a health statement. If these ads were really concerned for the health of these women they would warn against heart disease and how it is the leading cause of death among women and that it is caused, in large part, by a diet containing saturated fat, like that found in beef.

Barry Lovelace is a fitness professional from Allentown, Pa – USA. He is a strict vegan and fitness fanatic. Barry is the creator of several fitness products including Exercise for Every BODY Series Two (www.exerciseforeverybody.com) which was filmed at The Farm Sanctuary in Watkins glen, NY. Find out more about Barry at www.barrylovelace.com

Anyway, back to the iron issue, there are several healthy ways to boost your iron levels. Good sources of iron are lentils, enriched cereals, whole grains, dark, leafy vegetables like spinach and dried fruit. By choosing these items, you get your iron along with the fiber and other vitamins and nutrients these foods provide. That is healthy!



What supplements does a vegan need?

In my opinion a varied vegan diet is very healthy and nutrient dense and research has proven that to be true. The only two nutrients I believe may need to be supplemented are vitamin B-12 and Essential Fatty Acids (EFA's). Vitamin B-12 is found almost exclusively in animal products, including milk, eggs and cheese. Vegans can get vitamin B-12 from fortified cereals and fortified soy products or by taking a B-12 supplement. 250 mcg of vitamin B-12 taken daily is sufficient for most people.

EFA's are necessary fats that must be obtained through diet. EFA's support the cardiovascular, reproductive, immune, and nervous systems. The human body needs EFA's to manufacture and repair cell membranes. I would like to point out that most Americans are deficient in these nutrients due to the over processed food that most people eat. People who eat fish can get their necessary EFA's from that. Back to the original question, vegans can get EFA's from flax seeds or flax oil or from hemp seeds or hemp oil. There are also a couple of vegan EFA supplements on the market.

What about leather and other animal products



Vegans do not use leather, wool, down or any other product that comes from an animal. This is true for vegans because being vegan goes much further than what is eaten. It is a committed lifestyle that promises not to contribute in any way to the use or death of another living being. In other words, nothing has to die for a vegan to live. I would like to take this opportunity to add that sometimes there are vegans who have leather items, etc. that they had since before they went vegan. While some vegans would not use these items, others will because the products have already been bought and it is only at the time of purchase that a consumer can make a statement. I mention this fact because I have

Barry Lovelace is a fitness professional from Allentown, Pa – USA. He is a strict vegan and fitness fanatic. Barry is the creator of several fitness products including Exercise for Every BODY Series Two (www.exerciseforeverybody.com) which was filmed at The Farm Sanctuary in Watkins glen, NY. Find out more about Barry at www.barrylovelace.com

seen many people try to make someone feel bad for this. Also, please be aware that there are many products out on the market that look like leather but are not. I can't tell you how many times, after explaining my cruelty free lifestyle, that someone has looked accusingly down at my shoes and said 'Well, you're wearing leather' when I was not.



Sheep need to be sheared, why not use wool?

It is estimated that 90% of wool comes from sheep who are being bred for food. For a vegan, this would make the use of wool conflict with his or her convictions. Also, as with everything else, shearing sheep has become an inhumane process on many factory farms. People have found that by shearing the top layer of skin along with the wool makes the new growth finer, which they deem more acceptable. One can only imagine the amount of pain this causes the sheep.

Why do vegetarians eat meat substitutes?

I imagine that people ask this question because they think that we would not want to eat something that is like meat. However, it is safe to say that most vegetarians/vegans will eat meat substitutes. First of all not all meat substitutes are 'meat-like'. I personally eat burgers made out of grains and vegetables and I enjoy them. There are some burgers made out of soy protein that taste more like a 'real' burger but the bottom line is that it is not a cow, it is soy protein, so there is nothing wrong with eating it. Someone who chooses to use these products is doing so to add even more variety to their diet, we are not doing it because we miss meat or wish we were eating meat.

Barry Lovelace is a fitness professional from Allentown, Pa – USA. He is a strict vegan and fitness fanatic. Barry is the creator of several fitness products including Exercise for Every BODY Series Two (www.exerciseforeverybody.com) which was filmed at The Farm Sanctuary in Watkins glen, NY. Find out more about Barry at www.barrylovelace.com

In preparing to write this book, I asked many vegans to list the silliest and most outrageous reactions, comments and questions they get from their meat-eating counterparts. Here is a compilation.

- **Are you still on that diet?** This one obviously comes from a person who does not realize that this is not a diet; it is a lifestyle with deep meaning.
- **If people stopped eating meat what would we do with all the animals?** This is a good opportunity to point out that we breed and raise these animals solely for food. If we stopped eating them, there simply wouldn't be any!
- **If an animal died of natural causes would you eat it?** This hardly deserves a response, but of course the answer is no.
- **If you were stranded on a desert island with nothing to eat but meat, would you eat it?** People love to push the envelope as far as it can go and this is one example of that. Personally, I always answer this one by saying that I've never been starving to death and I don't know what that is like, but I imagine that in that situation my survival instincts would take over and I would eat it. No one can answer that type of question without having been in the situation.
- **Why haven't you lost weight on this diet?** A good chance to point out that calories are calories and it doesn't matter where they come from as far as weight gain. If a vegetarian eats more calories than they use, they will gain weight just like anyone else, no difference.
- **You look really healthy for a vegan.** I have no clue how to respond to this one, it leaves me speechless every time!
- **Jesus ate meat so it has to be all right.** I will not get into a religious debate but I will say that while Jesus may have eaten meat, from what I understand he was compassionate and against suffering for all living beings. Either way, he certainly did not use gestation crates, veal crates and factory farms; the animals in the food industry suffer greatly.
- **Plants have feelings and they are alive.** I honestly feel that this is another blatant attempt to rattle you, usually made by someone who is trying to start an argument rather than a debate.
- **Are you 'allowed' to eat _____? (Fill in the blank with any animal product)** I personally find this to be one of the most annoying questions. We, like anyone else, are **allowed** to eat anything we want; we don't **want** to eat animals, it is our choice and we make it with conviction.
- **I made a turkey (or whatever), can't you eat it just this once?** Um, no.

Barry Lovelace is a fitness professional from Allentown, Pa – USA. He is a strict vegan and fitness fanatic. Barry is the creator of several fitness products including Exercise for Every BODY Series Two (www.exerciseforeverybody.com) which was filmed at The Farm Sanctuary in Watkins Glen, NY. Find out more about Barry at www.barrylovelace.com

- **Just eat it; it's not going to kill you.** No, I imagine it would not kill me, but it would definitely harm my spirit and probably make me violently ill.
- **Your just going through a phase, it will pass.** Unfortunately, we live in a society where few people really live by deep-rooted convictions. Many people talk the talk about things they believe in but much fewer walks the walk. I believe this is one of the reasons that people have a hard time understanding someone making a lifetime commitment to an ideal they believe in.

The following is an article I wrote for The Lehigh Valley News Group Newspaper, a local paper in which I do a weekly health and fitness column. I thought you might find it interesting:

Tough Being Vegan!

By Barry Lovelace

It's not easy being vegan. I don't mean that it is a difficult lifestyle; I embrace it and love it and would never consider living any other way. What I mean is that often we are made to feel like either an outcast or a target.

Case in point, the other day I was at the store and ran into a friend who was there with his wife. The friend mentions in passing that I'm a vegan and his wife gives me a look as if I was standing there naked or something and proceeds to tell me how crazy that is. This is just one mild example.

Why do people get so upset by my choice to not eat the flesh of a dead animal? I am not hurting anyone and frankly it has nothing to do with them. I do have theories though. I think when someone comes across a vegan they get intimidated because they think that we will think less of them for eating meat or that we will think we are above

Barry Lovelace is a fitness professional from Allentown, Pa – USA. He is a strict vegan and fitness fanatic. Barry is the creator of several fitness products including Exercise for Every BODY Series Two (www.exerciseforeverybody.com) which was filmed at The Farm Sanctuary in Watkins glen, NY. Find out more about Barry at www.barrylovelace.com

them because we don't eat it. This is simply not true; I was a meat-eater at one time. After I educated myself about the abuses involved in the meat and dairy industry I could no longer consume animal products, it's that simple, it doesn't make me special it just makes me someone who holds true to his beliefs and lives it.

It reminds me of a great quote: 'When you know better, you do better.'

While I'm on the subject, don't ask me why I'm vegan if you really don't want to know. Often people ask why and then when I tell them they get very defensive and go on the attack. If you ask me why, I'm going to tell you, isn't that why you asked?

I think some people ask so that they can argue the point. I don't know what point there is to argue. Meat and dairy are filled with cholesterol, fat, hormones and antibiotics and animals are horrifically abused until their slaughter day arrives. These statements cannot be intelligently disputed.

Now about social situations, we have friends and family that will not invite us to their houses because they feel they cannot provide us with anything to eat. Often when we do get invited somewhere it turns into an apologetic invitation, letting us know that there may not be much there for us to eat. I would like to take this opportunity to let everyone out there know that vegans know what they are. No vegan goes to a wedding or dinner party expecting to be able to eat much of the food, it's ok, we don't mind and to be honest we know better than to ever show up hungry.

As a host all you have to do is respect our lifestyle and realize that it is deep-rooted. Being a vegan is a moral and ethical choice. No true vegan is going to eat turkey just because you made one; it doesn't work that way. It is not an insult to you or your cooking or your intentions, we will not compromise our values and no thinking person should expect us to.

The social inconveniences are a very small price to pay and we are more than willing to pay it, please don't feel bad. Likewise don't think that we are offended because you made meat. We do not live in

Barry Lovelace is a fitness professional from Allentown, Pa – USA. He is a strict vegan and fitness fanatic. Barry is the creator of several fitness products including Exercise for Every BODY Series Two (www.exerciseforeverybody.com) which was filmed at The Farm Sanctuary in Watkins Glen, NY. Find out more about Barry at www.barrylovelace.com

a bubble, we are aware of the world we are living in and know that we are the minority in this country at least for now.

Happily, the number of vegetarians and vegans is rising sharply and that is a trend that is sure to continue.

In closing, I wish you happiness and abundant good health. I hope your questions have been answered and that you have a better understanding of your vegetarian friends and family members. It is a very worthy endeavor to try to understand another's viewpoint and I thank you for taking the time to do that.

Thank you for reading 'The Omni's Guide to Vegetarianism' and good luck with all your health & fitness goals.

In Good Health,

Barry

Barry Lovelace
www.barrylovelace.com

Barry Lovelace is a fitness professional from Allentown, Pa – USA. He is a strict vegan and fitness fanatic. Barry is the creator of several fitness products including Exercise for Every BODY Series Two (www.exerciseforeverybody.com) which was filmed at The Farm Sanctuary in Watkins glen, NY. Find out more about Barry at www.barrylovelace.com