



# VEGAN UNIVERSITY

## Help! I'm Going Vegan Workshop



### Where do I begin?

- Learn new recipes and try new foods. Vegan food is delicious!
- Start to think about how to phase out non-vegan foods and products in your home.
- If you can, give non-vegan items away to others in need.
- It is important to find replacements. Start with finding a non-dairy milk that you love.
- When you go to replace those old leather shoes, find a vegan pair.
- Watch documentaries such as: [Cowspiracy](#), [Vegucated](#), [Forks Over Knives](#), [Earthlings](#), or [Speciesism](#).
- Read books such as: *Eating Animals*, *Vegan Freak*, or *Confronting Animal Exploitation*.
- Giving up cheese is not nearly as hard as it seems. Most vegans tend not to miss it, especially after finding great-tasting vegan cheeses!

### Nutrition

#### PROTEIN

- Plant foods high in protein include: chickpeas, quinoa, beans, lentils, meat substitutes, tofu, nuts, broccoli.
- Only one calorie out of every ten needs to come from protein.
- The FDA Recommended Daily Allowance suggests taking in about 0.36 grams of protein per pound of body weight.

#### IRON

- Plant foods high in iron: dried beans, leafy greens.
- Iron absorption is increased markedly by eating foods containing vitamin C along with foods containing iron.

#### CALCIUM

- Plant foods high in calcium: dark leafy greens, tofu, tahini, broccoli, non-dairy milks

### Recommended supplements

- B12 (sublingual)
- Vitamin D3
- Omega 3-6-9
- Iodine (iodized salt or supplement)

### Vegan baking with egg replacers

Baked goods can easily be made vegan. Replacements include tofu, applesauce, flax seeds, or Ener-G egg replacer.

## Why isn't honey vegan? What about the bees?

- Bees produce their own honey, as a health food for themselves.
- A colony works together to protect the queen and keep her alive.
- Bees must consume approximately 8 lbs. of honey to produce 1 lb. of beeswax.
- Large-scale beekeepers remove honey and give the bees a sugar/corn syrup substitute.
- Bees have been dying off at annual rates of around 30% due to pesticides, disease, and Colony Collapse Disorder.
- How to help bees? Eat delicious honey substitutes (like Just Like Honey) and plant native flowers in your yard.

## How do you share your beliefs with friends and family?

- Talking to others about veganism can be a little scary at first, but don't give up. You'll quickly become more comfortable explaining why you're a vegan
- When talking with others, don't worry about reciting statistics to "prove" your case.
- Use "I" statements when speaking about these personal beliefs.
- Help to build a community of people with whom you feel safe sharing your beliefs.
- Remember that it's important to get support from others. You may be pleasantly surprised at who your biggest supporters are.

## Don't get discouraged!

- If you get discouraged, focus on how your choices affect the animals, the environment, and your health in a positive way by living your vegan beliefs.
- Check out the Vegan University Grocery Shopping tours to find out how to read a food label, get nutrition tips, and discover which pizza at the co-op is vegan.

### Stay Connected

VEGAN UNIVERSITY  
[animalrightscoalition.com/programs/veganuniversity](http://animalrightscoalition.com/programs/veganuniversity)

MINNEAPOLIS VEGAN MEET-UP  
[meetup.com/vegan-415](http://meetup.com/vegan-415)

ANIMAL RIGHTS COALITION  
[animalrightscoalition.com](http://animalrightscoalition.com)

ETHIQUE NOUVEAU  
[ethiquenouveau.com](http://ethiquenouveau.com)



Vegan University is a program of the Animal Rights Coalition.