

The Insight Meditation Community of Washington

www.imcw.org

Vegan Sangha Resources

“Aware of the suffering caused by the destruction of life, I am committed to cultivating compassion and learning ways to protect the lives of people, animals, plants, and minerals. I am determined not to kill, not to let others kill, and not to support any act of killing in the world, in my thinking and in my way of life...” (The First Mindfulness Training, Thich Nhat Hanh, The Heart of the Buddha’s Teaching)

Position of the Academy of Nutrition and Dietetics: Vegetarian Diets

It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. Plant-based diets are more environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage. Vegetarians and vegans are at reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity. Low intake of saturated fat and high intakes of vegetables, fruits, whole grains, legumes, soy products, nuts, and seeds (all rich in fiber and phytochemicals) are characteristics of vegetarian and vegan diets that produce lower total and low-density lipoprotein cholesterol levels and better serum glucose control. These factors contribute to reduction of chronic disease. Vegans need reliable sources of vitamin B-12, such as fortified foods or supplements. (J Acad Nutr Diet. 2016;116:1970-1980)

Free Vegan Mentoring

- 21-Day Vegan Kickstart, Physicians Committee for Responsible Medicine (PCRM)
www.kickstart.pcrm.org
- Forks Over Knives: www.forksoverknives.com
- www.challenge22.com
- New Leaf Vegan Mentoring Program: www.newleafvegans.org

Educational Films (most are available streaming on Netflix unless otherwise noted)

- **Animals and the Buddha:** A film by Dharma Voices for Animals featuring interviews with world-renowned Buddhist monastics and lay teachers about connections between Buddhism and compassion for animals. Available on YouTube.
- **Forks Over Knives:** A film about the health benefits of a plant-based diet and website with excellent resources on making the transition. www.forksoverknives.com
- **What the Health:** An investigative documentary that is eye-opening about our nation's health and how big business influences it. www.whatthehealthfilm.com
- **Cowspiracy:** A documentary about the environmental devastation caused by animal agriculture industries. www.cowspiracy.com
- **Earthlings:** A 2005 American documentary about human's dependence on animals for economic purposes. Warning: It graphically depicts the industry standard for animals bred as pets, food, clothing, for entertainment and research. www.nationearth.com
- **Dominion:** A 2018 Australian documentary in which filmmakers use hidden cameras and aerial drones to investigate the dark side of animal agriculture: Warning: It graphically depicts the industry standard for animals raised as food.

Books

- **The Great Compassion: Buddhism & Animal Rights** by Norm Phelps
- **A Plea for the Animals: The Moral, Philosophical, and Evolutionary Imperative to Treat All Beings with Compassion** by Matthieu Ricard
- **The World Peace Diet** by Will Tuttle
- **The Mindful Vegan** by Lani Muelrath
- **Beyond Beliefs: A Guide to Improving Relationships and Communication for Vegans, Vegetarians, and Meat Eaters** by Melanie Joy
- **Why We Love Dogs, Eat Pigs, and Wear Cows** by Melanie Joy
- **Eating Animals** by Jonathan Safran Foer
- **The China Study** by T. Colin Campbell and Thomas M. Campbell
- **Animal Liberation** by Peter Singer

Vegan Cooking

- **Forks Over Knives:** www.forksoverknives.com
- **Oh She Glows:** www.ohsheglows.com
- **The Buddhist Chef:** www.thebuddhistchef.com
- **The Vegetarian Resource Group:** www.vrg.org/recipes
- **Ageless Vegan** by Tracye McQuirter

Vegan-Friendly Restaurants

Happy Cow: www.happycow.net

DC-Area Vegan Medical Clinic

The Barnard Medical Clinic: www.pcrm.org/barnard-medical-center

Podcasts

- **The Main Street Vegan podcast with Victoria Moran**
- **Food for Thought podcast with Colleen Patrick-Goudreau**

Animal Advocacy Organizations

Dharma Voices for Animals: www.dharmavoicesforanimals.org

Mercy for Animals: www.mercyforanimals.org

Compassion Over Killing: www.cok.net

The Humane Society of the United States: www.humanesociety.org

One Step for Animals: www.onestepforanimals.org

Additional Support

In Defense of Animals, Sustainable Activism Campaign: Includes webinars and vegan spirituality resources: <https://www.idausa.org/campaign/sustainable-activism/>

Black Vegans Rock: Resources and community support for black vegans: www.blackvegansrock.com

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Have questions? Email Ali at mindbodytherapist@gmail.com.