

**Vegetarian Victoria** (VegVic), established in 1998, is a community-based, not-for-profit organisation in Melbourne. It is run by people who care about human health, animal welfare and the environment. Our aim is to promote the many benefits of vegetarianism, and provide quality service, support and up-to-date information to vegetarians, vegans and the general community.

## **What we do:**

- Promote vegetarian lifestyles as a more healthy, humane and 'environmentally friendly' way of living.
- Provide and distribute up-to-date information relevant to vegetarians and those interested in vegetarianism.
- Promote vegetarian foods and related businesses and services.
- Provide support by answering questions about vegetarian lifestyles.
- Provide a support network for vegetarians.
- Organise regular social events.

## **Here's a selection of what you'll find on our website ([www.vegetarianvictoria.org.au](http://www.vegetarianvictoria.org.au)):**

### **About Vegetarianism & Veganism:**

- What do "Vegetarian" & "Vegan" mean?
- Why be Vegetarian?
- 10 Reasons to Go Veggo
- 15 Reasons To Stop Hiding From Vegetarianism
- What About Fish?
- Personal Stories about Going Veggo
- FAQs
- Tips for Veggos & Vegans
- Why be Vegan?
- Thinking of Going Vegan????
- Statistics on Vegetarianism
- Christianity & Vegetarianism

### **About VegVic:**

- VegVic Objectives
- Calendar of Events
- Lending Library
- Business Directory
- Newsletters
- VegVic Supporters

### **Caterers, Cooking Classes and Recipes:**

- Vegetarian Caterers
- Vegetarian Cooking Classes
- Recipes
- Pantry Suggestions
- The Veggo BBQ

### **Products & Shopping:**

- Great Places to Shop
- Great Vegetarian Products:
  - Food
  - Non-Leather Shoes, Gifts etc.
  - Other Vegetarian Food Products
- Products to Avoid

### **Restaurants, Guesthouses:**

- Restaurants (listed by name)
- Restaurants (listed by location)
- Vegetarian-Friendly Restaurants
- Guesthouses, Retreats, B&Bs

### **Avoiding Animal Products:**

- Animal-Derived Food Additives
- Animal Products List
- Alcoholic Beverages

### **Nutritional Stuff:**

- Complete Nutrient Summary
- Nutritional Information
- Info. Sheets
- Vitamin & Mineral Supplements
- Dietitians
- Doctors & Naturopaths

### **Articles:**

- Factory Farming: Enough is Enough?
- So What's Wrong With Fishing?
- "Soy milk? Yuck!"
- Milk: Is the White Stuff the Right Stuff?
- The Honey Question
- Vegetarian Dogs & Cats

### **Other Stuff:**

- FREE 'Meet Your Meat' CD
- Veggie Kids & Families Group
- T-Shirts, Stickers, Badges, Magnets...
- Quotes
- Poetry
- Links
- Host an International Vegetarian Student

### **Improve your health...**

Cholesterol (which is only found in animal products) and high levels of saturated fats have been linked with heart disease. Removing animal products from your diet, or reducing your consumption of them, can considerably reduce your chances of developing heart-related problems. Reducing your consumption of animal products can also help reduce the probability of developing certain forms of cancer. For instance, studies have shown that vegetarians have up to 40 percent less chance of developing bowel cancer. With heart disease and cancer being the leading causes of death in western countries, the importance of reducing our consumption of meat and animal products cannot be underestimated.

Vegetarian diets contain higher amounts of fibre and antioxidants, and vegetarians have lower rates of obesity, constipation and diabetes. It is also interesting to note that rates of osteoporosis are much lower in countries that consume little or no dairy products. This is obviously contrary to what the dairy industry would like us to believe!

### **A more humane lifestyle...**

*"If slaughterhouses had glass walls, the whole world would be vegetarian."*

- Linda McCartney

Very few people could watch animals be slaughtered at an abattoir, watch the carcass be skinned, gutted and carved up, then sit down straight away and enjoy a steak. Most of us have an innate sense of compassion and concern about suffering, it is often just that what is out of sight is out of mind. So we challenge you to visit an abattoir, a local intensive piggery or chicken farm, or see some of the cruelty involved in modern livestock production by checking out a copy of our FREE *'Meet Your Meat'* CD. Then you will be able to make an informed decision!

### **Help the environment...**

Throughout the world vast areas of natural habitats have, and are, being destroyed to create grazing land for livestock. There are also issues of erosion, effluent disposal, methane production and wildlife extinction (due to habitat destruction) associated with livestock production. And when only 7-10 percent of the food energy of grains and other food fed to intensively farmed animals is converted to the food energy

available from meat, issues of wastage in an increasingly over-crowded world are also of concern.

### **Why be Vegan?**

It is obvious to many meat eaters why most people become vegetarian, i.e. they don't want animals to be killed for their food. But many people cannot understand why some people decide to become vegan: *"Animals aren't harmed or killed in the production of eggs or milk so what's the issue? It's too extreme, why be so restrictive in your diet and miss out on all these yummy foods..."*

For those who are not sure, a vegan excludes all animal products from their diet. The vegan diet comprises vegetables, vegetable oils, cereals, legumes such as beans and lentils, nuts, fruit and seeds. This is not as "boring" as it sounds due to the wide range of meat alternatives, non-dairy milks, soy-based yogurts and ice-creams, biscuits, chocolates etc. available that are completely free of animal products. (For more information refer to the *Great Vegetarian & Vegan Products* page on our website.) Most vegans also exclude animal products from their whole lifestyle (e.g. wool, leather, soaps that contain animal fats, products tested on animals etc.).

As we are all aware, everyone has their own views, thoughts and concerns about different issues, including diet and lifestyle. People therefore become vegan for different reasons. But to generalise, most people become vegan due to the fact that animals also suffer and/or are killed, either directly or indirectly, to provide us with eggs, dairy products and other animal products. And vegans do not wish to contribute to this. For more information about this, refer to the *Why Be Vegan?* article on our website.

- ☺ *It's good for you*
- ☺ *It's good for animals*
- ☺ *It's good for the planet*

**Anyone who is interested in vegetarianism or veganism is welcome to be involved in VegVic, whether vegetarian, vegan, or non-vegetarian!**

**To keep up-to-date with VegVic and find out about new products, new restaurants, social events, cooking classes etc. we encourage you to subscribe to our free email newsletter. Refer to our website for more information.**