

Websites for More Veg Information

Blogs:

Fat-Free Vegan Kitchen blog.fatfreevegan.com
Happy Herbivore happyherbivore.com
Healthy Happy Life kblog.lunchboxbunch.com
Meet the Shannons www.meettheshannons.com
StLVegGirl www.stlveggirl.com
Vegan Dad vegandad.blogspot.com
Vegans of Color vegansofcolor.wordpress.com
Veg Cooking Blog blog.vegcooking.com

Children's Diets:

Mitch Spinach www.mitchspinach.com
TeenVGN www.teenvgn.com
Vegetarian Resource Group www.vrg.org/family/kidsindex.htm
Veg Family www.vegfamily.com
Veggie Kids www.veggiekids.org.uk

Comprehensive Information:

Choose Veg www.chooseveg.com
Compassion Over Killing cok.net
Food Empowerment Project www.foodispower.org
Free From Harm freefromharm.org
Live Vegan www.livevegan.org
Try Veg www.tryveg.com
Vegetarian Resource Group www.vrg.org
VegWeb Vegan 101 vegweb.com/vegan101
Your Daily Vegan www.yourdailyvegan.com

Environment:

A Well Fed World awfw.org (click "Environment")
Citizens for Healthy Options In Children's Education www.choiceusa.net
Compassion in World Farming www.ciwf.org.uk (click "Research," then "Environment")
EarthSave International www.earthsavesave.org/environment
Factory Farm Map www.factoryfarmmap.org

Farmed Animal Information:

Compassion in World Farming www.ciwf.org.uk (*While we disagree with their notion of "humane animal foods," they have very good reports and information on farmed animals and the conditions on modern farms.*)
Farm Sanctuary www.farmsanctuary.org/learn/factory-farming
Food & Water Watch www.foodandwaterwatch.org (Under "Issues" click "Factory Farms")
Humane Farming Association www.hfa.org
Humane Myth www.humanemyth.org
Humane Society of the United States www.hsus.org/farm
Mercy For Animals www.mercyforanimals.org
United Poultry Concerns www.upc-online.org
Viva! UK www.viva.org.uk

Health & Nutrition:

"Ask the Expert" www.cancerproject.org/ask
Nutrition MD <http://www.nutritionmd.org>
Physicians Committee for Responsible Medicine www.pcrm.org/health
Vegan Coach www.vegancoach.com (Click "Nutrition Basics")
Vegan Health www.veganhealth.org
Vegetarian Resource Group www.vrg.org/nutrition





Health & Nutrition for Athletes:

Brendan Brazier www.brendanbrazier.com
Organic Athlete www.organicathlete.org
Vegan Bodybuilding & Fitness www.veganbodybuilding.com
Veg Coach www.vegcoach.com
Vegan Fitness veganfitness.net

Health & Nutrition from Specific Health Professionals:

"Ask the Expert" www.cancerproject.org/ask
Brenda Davis, RD brendadavisrd.com
Jack Norris, RD jacknorrisrd.com
John A. McDougall, MD www.drmcDougall.com
Michael Greger, MD nutritionfacts.org
Michael Klaper, MD vegsource.com/klaper

Health Information re. Specific Illnesses:

Cancer Project www.cancerproject.org
McDougall Program www.drmcDougall.com/medical_ailments.html
Physicians Committee for Responsible Medicine pcrm.org/health/health-topics
Resources for Diabetes pcrm.org/health/diabetes-resources

Meal Planning Help:

21-Day Vegan Kickstart pcrm.org/kickstarthome
Happy Herbivore happyherbivore.com
Meatout Mondays www.meatoutmondays.org
Nutrition MD www.nutritionmd.org/recipes
Vegan Coach www.vegancoach.com
Vegan Outreach www.veganhealth.org/articles/meals
Vitalita www.vitalita.com/cookbooks.html

Miscellaneous Information:

Canadian Produce Marketing Association www.5to10aday.com (Click "Fruits and Veggies")
Center for Food Safety www.centerforfoodsafety.org
Fruits & Veggies - More Matters www.fruitsandveggiesmorematters.org (Click "Fruit & Veggie Info")
Organic Consumers Association www.organicconsumers.org
Savvy Vegetarian www.savvyvegetarian.com
Vegan Gal www.vegangal.com

Religion, Spirituality, Culture:

All Creatures (Judeo-Christian) www.all-creatures.org
Christian Vegetarian Association www.christianveg.com
Indian Vegan www.indianvegan.com
Islamic Concern www.islamicconcern.com
Jesus People for Animals www.jesuspeopleforanimals.com
Jewish Vegetarians of North America www.jewishveg.com
Shabkar (Buddhist) www.shabkar.org
Society of Ethical and Religious Vegetarians (Interfaith) www.serv-online.org
Vegetarian Friends (Quaker) www.vegetarianfriends.net

Thousands of Recipes!

Cancer Project www.cancerproject.org
Choose Veg www.chooseveg.com
Fat-Free Vegan Kitchen blog.fatfreevegan.com
Healthy Happy Life kblog.lunchboxbunch.com
International Vegetarian Union www.ivu.org/recipes

PETA www.peta.org/recipes

Post Punk Kitchen www.theppk.com

Try Veg tryveg.com/recipes

Vegan Baking www.veganbaking.net

Vegan Chef www.veganchef.com

Vegan Cooking www.vegancooking.com

Vegan Mania www.veganmania.com/recipes

Vegan YumYum veganyummy.com

Vegetarian Kitchen vegkitchen.com

Vegetarian Resource Group www.vrg.org/recipes

Veggie Life www.veggielife.net

VegWeb vegweb.com You can also get tips and advice from other cooks. *This is a must-see website!*

Vitalita www.vitalita.com/cookbooks.html



Vegan/Vegetarian Organizations:

American Vegan Society www.americanvegan.org

EvolveCampaigns evolvecampaigns.org.uk

International Vegetarian Union www.ivu.org

North American Vegetarian Society www.navs-online.org

Vegan Action vegan.org

Vegan Outreach www.veganoutreach.org

Vegan Society (of the UK) www.vegansociety.com

Vegetarian Resource Group www.vrg.org

Vegetarian Society (of the UK) www.vegsoc.org

Viva! UK www.viva.org.uk

Viva! USA www.vivausa.org

Videos:

From Farm to Fridge, by Mercy For Animals www.farmtofridgetour.com

Veg TV veg-tv.info

Listing of investigative videos from various organizations veganoutreach.org/video-links

Local Veg Groups/Discussion

Arch Vegans www.meetup.com/vegetarian-514

STL Vegan www.stlvegan.com

St. Louis Vegetarian Society www.stlveg.org



St. Louis Animal Rights Team

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