

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.earthsave.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 Veg 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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