

101 Reasons Why I'm a Vegetarian

by Pamela Teisler

to promote ... HEALTH ... HUMANE TREATMENT OF ANIMALS ... WORLD PEACE ... ENVIRONMENTAL RESTORATION ... CONSERVATION ...
.... PROPER NUTRITION ... to end ... WORLD HUNGER ... FOOD CONTAMINATION ... STAGGERING WASTE ... OZONE DESTRUCTION
..... EROSION ... DEFORESTATION ... RISK OF DISEASE ... CLOGGED ARTERIES ... PESTICIDE POISONING ... HEART DISEASE
... DESTRUCTION OF THE RAINFORESTS ... WATER POLLUTION ... FOSSIL FUEL DEPLETION ... ANIMAL CRUELTY ... RISK OF CANCER ..

- 1 Nine million chickens, turkeys, pigs, calves and cows meet their death at human hands every day in the U.S. -- so people can eat them.
- 2 For every 16 pounds of grain and soybeans fed to beef cattle, only one pound of meat is returned to our plates.
- 3 Diets high in saturated fat and cholesterol (those consisting largely of meat, eggs, milk, poultry and fish) raise the level of cholesterol in the blood, produce arteriosclerosis and lead directly to heart disease and stroke. The later two diseases account for nearly 50% of all causes of death in the U.S. (see # 100).
- 4 Meat would cost \$35./lb. if the water used by the meat industry was not subsidized by the government; immense amounts of water going to livestock production reduces the amount available for hydroelectric power and consequently increases the need for nuclear power.
- 5 The world's cattle alone (not including other livestock such as pigs and chickens) consume a quantity of food equal to the caloric needs of 8.7 billion people -- nearly double the human population of the world. Sixty million people starve to death worldwide every year.
- 6 Our meat-centered diet has left the U.S. with a major fossil fuel addiction, raising our dependence on foreign oil. Corn provides 22 times more protein-per-calorie of fossil fuel expended than does feedlot beef. Soybeans provides 40 times more.
- 7 Trees are being cut down at an alarming rate for meat production. For every person who takes all foods derived from animals out of his or her diet, an acre of trees is spared every year.
- 8 There are virtually no laws against cruelty to animals raised for food. The Animal Welfare Act which governs the humane treatment of animals excludes animals intended for food consumption.
- 9 Meat contains no essential nutrients that cannot be obtained from plant sources. By cycling grain through livestock we lose 90% of the protein, 96% of the calories, 100% of the fiber and 100% of its carbohydrates.
- 10 In response to the crowded conditions of the factory farm, chickens naturally go beserk and peck each other to death. To prevent profit loss, farmers cut off part of their beaks. Of course, the chickens still go beserk, and then some are no longer able to drink.
- 11 It takes an average of 2,500 gallons of water to produce a single pound of meat, which is as much as a typical family uses for all its combined household purposes in a month. According to Newsweek, "The water that goes into a 1,000 pound steer could float a destroyer."
- 12 Jeff Juliano was the first actor to play Ronald McDonald. He is now a vegetarian. James Garner, the first Hollywood celebrity paid by the National Livestock and Meat Board to tout beef as "Real food for real people," underwent a quintuple coronary artery bypass.
- 13 Before slaughter, male cattle are castrated. This makes them more docile, but mostly, it promotes a fatter (more profitable) animal. Castration can be done radically, all at once, or over a longer period of time with a ring, causing the testicles to eventually fall away.
- 14 If the whole world were to farm according to U.S. agricultural practices, the planet's entire petroleum reserves would be exhausted in 13 years.
- 15 Feeding the average meat-eating American requires 3.25 acres of cultivated farm land a year; supplying a person who eats no food derived from an animal requires only 1/6 acre per year.
- 16 Today's pig factories may hold up to 100,000 pigs, each parked in its own stall so small it can hardly move. Over 80% of today's pigs have pneumonia at the time of slaughter.
- 17 Chickens are fed a diet laced with sulfa drugs, hormones, antibiotics, arsenicals and nitrofurans, which promotes growth and egg production, i.e., profit. Chicken is sold by the pound, eggs by the dozen. The health of the bird is not necessarily a factor.
- 18 Meat-centered diets are linked to many kinds of cancer, most notably, cancer of the colon, breast, cervix, uterus, ovary, prostate and lung. Treating cancer is big business; preventing cancer through change in diet is not.
- 19 The livestock in the U.S. produce 20 times as much excrement as the entire U.S. population. If the waste simply went back to the ground where pastured animals graze, the soil would become fertilized; but the amount of excrement produced is so huge that the factory farmer flushes it away, dangerously raising ammonia and nitrate levels in our drinking water.
- 20 The human digestive system resembles that of the herbivore, not the carnivore. Its saliva, like that of herbivores, is alkaline to digest carbohydrates. A carnivore's saliva is acidic, and its liver secretes much more bile than a human does to break down a high-fat meat diet. Carnivores also have more acid in their stomachs than humans to digest meat. To handle the excessive nitrogenous waste of a flesh diet, the kidneys of carnivores are proportionately larger than those of humans.
- 21 In factory farms all over the country, male chicks are weeded out and disposed of. A half a million chicks a day are literally thrown en masse into plastic bags where they will be crushed and suffocated.
- 22 Calorie for calorie, spinach has 14 times the iron of sirloin steak. Iron requires vitamin C for absorption, of which animal products are totally deficient.
- 23 One hundred thousand penned farm animals produce the excrement of 1.6 million people. Because so much of their excrement ends up in our nation's waterways, many rivers, streams and lakes can no longer support animal life. In fact, becoming a vegetarian does more to clean up our nation's water than any other single action.

- 24 An egg factory may hold 80,000 chickens. It is not unusual in the factory farm for 4 or 5 hens to be squeezed into a cage 16" x 18" -- something on the level of living one's life in a crowded elevator.
- 25 Pesticides tend not to bio-degrade, even over many years. Many pesticides have been proven to be highly toxic, and thousands of pesticides currently in use have not been tested adequately. As time goes on, toxic chemicals become concentrated in exponentially higher amounts the higher up on the food chain. The steer that eats the fish (fed to it), that eats the fish, that eats the plankton, ingests and stores all accumulated pesticides ingested during the lives of its prey, and its prey's prey, and so on.
- 26 The American Heart Association was threatened by the dairy industry with multi-million dollar lawsuits when it announced plans to submit a massively documented condemnation of saturated fat and cholesterol.
- 27 Pigs in the factory farm live in 7 square feet of space with no lights, standing on metal or concrete slats. The hard surface painfully damages pig feet and legs meant to walk on dirt.
- 28 There are nearly 1.5 billion cows on the planet today. Collectively, through their belching, they produce 60 million metric tons of methane into the atmosphere a year. This contributes to the environmental phenomenon known as global warming.
- 29 The Center for Science in the Public Interest renamed Wendy's Triple Cheeseburger "The Coronary Bypass Special."
- 30 The less food of animal origins in a woman's diet, the lower the level of toxic chemicals in her own human milk. Most human milk is so high in toxic substances that it would be subject to confiscation and destruction by the FDA were it to be sold across state lines.
- 31 In a March, 1984, cover story, *Time* magazine reported the latest findings regarding cholesterol and heart disease. They noted that "in regions where ... meat is scarce, cardiovascular disease is unknown."
- 32 Fish are living magnets for toxic chemicals, accumulating up to 9 million times the level of PCB's as the water in which they live. Fish have very long food chains (see #25). Half of the world's toxin-rich fish catch is fed to livestock. Ingesting PCB's is considered one of the chief reasons for the 30% decrease in sperm count among American men.
- 33 Chickens never see the sky in crowded windowless factories -- a world of assembly lines and conveyor belts, devoid of any natural light.
- 34 Every year in the U.S. an area the size of Connecticut is lost to topsoil erosion -- 85% of this erosion is associated with livestock raising.
- 35 If a person is able to reduce his or her blood cholesterol level by 1%, he or she reduces the risk of heart disease by 2%.
- 36 Colon cancer is tied to a high fat, low fiber diet. Animal foods are obviously high in fat content, but they also have absolutely no dietary fiber.
- 37 The American Journal of Clinical Nutrition and the Food and Nutrition Board recommend that eating a mere 2.5% to 6% of one's calories as protein adequately satisfies protein requirements. It is almost impossible to get below 9% in an ordinary vegetarian diet.
- 38 Today's factory cows are fed dangerous hormones to produce 2-3 times more milk than yesterday's pasture cows. After 4 years, the hormones no longer work and the cow becomes your hamburger. Pasture cows used to live 20 years.
- 39 Overwhelming research has shown that excessive dietary protein from meat and milk is no less than the cause of osteoporosis. One study suggests that consumption of dairy products would be helpful in preventing osteoporosis. It was paid for by the National Dairy Council.
- 40 Factory-farmed animals contain as much as 30 times more saturated fat than yesterday's free range, pasture-raised animals. We have not yet seen the results of a lifetime diet of factory produced meat.
- 41 More than 50% of current rainforest destruction is directly linked to livestock raising. At the current rate, by the year 2010, the rainforests will be gone, which will cause massive ozone layer destruction, and the extinction of 500 thousand species.
- 42 In the barnyard of yesteryear, a sow gave birth to 6 piglets a year. Modern techniques give us 20. The industry is still working on a goal of 45 piglets per year per sow.
- 43 Cow's milk is meant for calves, not humans. The percentage of protein per calorie in the milk of various mammals is inversely proportionate to the time it takes for weight to double. For a human, it's 5%/180 days. For a cow, it's 15%/47 days. Even at the time of most rapid growth for a human, right at birth, natural protein needs are low.
- 44 The stench in a pig factory from the urine and feces that drop between slats below the animals is unbearable. Through inhalation, the gases (ammonia, methane and hydrogen sulfide) cause many serious diseases for which antibiotics must be administered. (Pigs have a sense of smell so acute that they are utilized to detect the location of edible roots still growing under ground.)
- 45 Fifteen million pounds of antibiotics are used in animal production every year. Animal drug sales in 1988 came to \$2.5 billion.
- 46 The Rainforest Action Network has singled out Burger King for a national boycott, calling the fast food chain "a driving force behind the rainforest environmental disaster."
- 47 Shell Oil has developed a feed additive called XLP-30 which is proven to boost the number of piglets per litter. They don't know why it works.
- 48 In the U.S., painkillers are rarely used during the castration of animals. There are no laws to force factory farms to administer anesthesia.
- 49 Meat contains approximately 14 times more pesticides than plant foods; dairy products contain 5½ times more pesticides than plant foods.
- 50 There are 20-30 thousand animal drugs in current use. As many as 90% have not been approved by the FDA. According to the Committee on Government Operations, as many as 4,000 of these drugs may have "potentially adverse effects on animals or humans."
- 51 Calcium, neutralized by excessive phosphorus and protein (as found in meat products) in our diets, as well as the phosphorus itself, passes as waste through our bodies; but first it is filtered through the kidneys, contributing to kidney stones. Kidney stones are considered the most painful of all medical emergencies.

- 52 Pigs naturally go insane in factory farms. Cannibalism will occur. Termed "tail-biting," pigs will know away each other's whole hind ends, forcing a mutilated pig to have to be destroyed. Producers "solve" the problem. Tails are amputated and pigs are kept in total darkness.
- 53 The Bureau of Labor has listed poultry processing as one of the most hazardous occupations as workers can easily contract diseases from the sick animals in their midst. Workers in the meatpacking industry suffer injuries in the workplace at 10 times the national average, mostly because of damage to tendons and nerves from repeating the same motion up to 8,000 times an hour.
- 54 Other horrors at the dairy farm include: cramped quarters for the cows with no relief; a nearly constant state of pregnancy to optimize on lactating periods; milking sessions 2-3 times a day; and injections of tranquilizers to calm nerves frazzled with trauma.
- 55 The meat industry single handedly accounts for more than 3 times as much harmful organic waste water pollution as the rest of the nation's industries combined.
- 56 In the factory farm, chickens can barely move in their tiny, crowded cages. It happens that the toes of some chicks will literally grow around the netted wire floor. The answer? Cut the chick away and dispose of it before it uses any more feed.
- 57 A diet without meat can help prevent diabetes, relieve the symptoms of diabetes and can even end the need for insulin treatments.
- 58 Detection of salmonellosis is not required by the U.S.D.A. There is not a single meat packing plant in the country which inspects for salmonellosis. Salmonella is generally killed by cooking, but uncooked meat can touch hands or utensils which may touch other foods (not destined for cooking) in the same kitchen. CBS's "60 Minutes" found that half of the chickens they randomly bought at a supermarket were infected with salmonella.
- 59 According to the U.S.D.A., 23% of pigs die before reaching slaughter age. Most die of respiratory diseases brought on by the brutal conditions of the factory farm. Another 400,000 a year die during their cruel trip to slaughter. (Pigs are more intelligent than our pet dogs.)
- 60 The human intestine was not meant to digest meat. In contrast to a carnivore's bowel, which is smooth inside and only 3 times the length of its body, a human's bowel is 12 times the length of its body and deeply puckered and twisted into many convoluted directions. Meat gets quite putrid by the end of its long arduous journey through a human digestive tract, especially with comparatively less hydrochloric acid from its stomach than what a carnivore has.
- 61 What happens to the male calf destined to become veal? He is taken immediately to a veal factory, locked up by his head in a stall and never allowed to roam freely. He is fed a special diet to keep him anemic. He is injected with antibiotics to keep him alive, and hormones to make him grow. All of these techniques to produce a profitable, milky white, tender, oversized veal (really a full grown "calf") considered a delicacy in the "finest" restaurants. Calves are kept in darkness except for feeding time, designed to hurry weight gain.
- 62 Agricultural engineers have compared the energy costs of producing poultry, pork and other meats with the energy costs of producing a number of plant foods. It was found that even the least efficient plant food was nearly 10 times as efficient in returning food energy as the most energy efficient animal food.
- 63 Unlike natural carnivores who can eat excessive quantities of saturated fat without developing clogged arteries; humans, as well as herbivores, invariably develop arteriosclerosis with saturated fat in their diets.
- 64 De-horning of cattle is very painful. It often results in hemorrhage, maggot infestation and infection. It would not be necessary if cattle were not crowded into such small areas. At the typical factory farm, thirteen half ton steers are crowded into a 12' x 15' area.
- 65 Food products originating from animal sources, unlike most vegetarian foods, make the blood acidic. When the blood gets too acidic the body withdraws calcium from the bones to make it more alkaline. This process balances the pH of the blood, but is unfortunately one of the factors that leads to osteoporosis.
- 66 Nearly all (95% - 99%) toxic chemical residues in the American diet come from animal sources. Today, sadly enough, toxic chemical management amounts, virtually, to self regulation by the chemical companies. The Environmental Defense Fund estimates that, on average, each American has 1½ grams of DDT in his or her body.
- 67 Synthetic hormones are injected into steers (castrated bulls) to make up for the natural hormonal loss from castration. These hormones may produce carcinogenic residues in the animal's meat.
- 68 Factory farming is exclusively a phenomenon of only the last 30 to 40 years. We do not yet know the long term effects of the recent "innovations" of hormones, pesticides and antibiotics on human health.
- 69 Humans have no claws to tear flesh as do carnivores. Picking food from plants is undoubtedly what human hands are designed to do.
- 70 Over 80% of the corn and 95% of the oats grown in the U.S. are fed to animals for slaughter. Forty thousand children starve to death in the world every day.
- 71 One of the ways to crank up piglet production is to take the babies away from their mother immediately after birth, providing them with a mechanical teat (without which they would die from the emotional loss). The sooner the sow ends her lactating period, the sooner she can become pregnant again.
- 72 The incidence of constipation, hemorrhoids, hiatal hernias, diverticulosis, spastic colons and appendicitis corresponds very closely to high fat, low fiber, meat-centered diets.
- 73 Our supply (or lack of supply) of good water is directly tied to meat consumption. Over half of the total amount of water consumed in the U.S. goes to irrigate land growing feed and fodder for livestock.
- 74 The fossil fuel needed for meat production is so enormous that driving a car (that gets 24 mpg.) rather than walking may actually conserve fossil fuel energy -- that is when the calories you burn walking come from the standard American diet.
- 75 When forced by blockade and the threat of food shortages during World War II, Denmark instituted a program in which grain was provided directly to the populace, not cycled through animals first for food. The mortality rate from disease dropped 34% during the period.
- 76 It is deceptive to measure fat as the percentage of physical weight of foods as the milk industry does. By weight (because of all the water), milk is under 4% fat; fat in milk, however, is 50% of the calories.

- 77 Protein puts excessive strain on the kidneys. Kidney patients who do not discontinue eating meat tend to become dependent on kidney dialysis machines.
- 78 Even though organic farming and natural insect control do work, farming with pesticides continues to go on. Up until now, 2.2 million tons of DDT, alone, have been used worldwide. Pesticides may take hundreds of years to decompose. In the meantime, meat from animals high on the food chain are fully laden with pesticide concentrations (see # 25).
- 79 "Embryo transfer" is a technique to boost hog production. Certain sows with desirable traits are fed hormones to increase sow egg production. These eggs are artificially inseminated, then surgically removed and implanted into other sows. The unlucky "breeder sow" will die prematurely from the stress.
- 80 The two active ingredients used to make Agent Orange are sprayed today on land used to grow food for livestock.
- 81 There are no laws to regulate transport of animals for food consumption, specifically, by truck. So this is the meat industry's preferred method of transport. That some of the animals are dead after their brutal trip is calculated as a cost of doing business.
- 82 The more phosphorus in one's body, the less calcium one is able to utilize. Eating animal products, even though one drinks plenty of calcium-rich milk, causes calcium deficiencies (leading to osteoporosis), since both milk and meat are high in phosphorus.
- 83 Today, in modern times, kosher slaughtering is not more humane than conventional slaughtering, and for efficiency's sake is in fact a more cruel method of slaughter opted for by conventional meat producers.
- 84 Today's pigs may in fact be fed on their own excrement and excrement-infested water. Feedlot cattle are fed sawdust, newspapers, "plastic hay," feathers and poultry litter--artificially flavored of course.
- 85 The Styrofoam we use to keep fast food hamburgers warm, is made with chlorofluorocarbons, a gas that contributes, when it escapes (as it eventually will in the land fill), to the destruction of the ozone layer.
- 86 Human beings have no sharp pointed front teeth to tear flesh as do carnivores; humans have flat back teeth to grind (plant) food unlike carnivores.
- 87 The egg industry had to be stopped from running ads representing cholesterol as an essential dietary nutrient. The Beef Council has won the Harlan Page Hubbard Memorial Award for the year's most deceptive, misleading ads.
- 88 Toxic chemicals -- mostly ingested through animal products -- have been tied to damage to the human DNA molecule, contributing to the growth of cancer, sterility and birth defects.
- 89 Hens are starved for 30 hours before their slaughter. Any food given during this time would not be converted into flesh.
- 90 In 1976, the National Cancer Institute allocated only 1% of its budget to the problem of the correlation between diet and cancer, though they knew that up to half of the cancers in the world were caused by diet.
- 91 All plant food -- unlike flesh food, milk and eggs -- is cholesterol free. Eggs are especially high in cholesterol with 550 milligrams per 100 gram portion; beefsteak contains 70 milligrams to the same portion size.
- 92 At the expense of their own hungry populations, exporters in poor countries prefer to produce luxury foods such as meat for sale to rich countries. Meat is much more profitable to produce than subsistence crops of rice, beans and vegetables.
- 93 In 1984, 11 of Americas's largest meat packers were declared ineligible to export their products through the Common Market when inspectors from the European Economic Committee found meat inspection standards in the U.S. to be too low. Less than 4 animals in a million are tested for toxic chemical residues by the U.S.D.A.
- 94 Those people who continue to eat fish should keep it in mind that, not only are they endangering their own health by ingesting it, because of the high concentrations of toxic chemicals; they are contributing to the misery and extinction of whales, dolphins and porpoises that get entangled in fishing nets.
- 95 Be skeptical of your doctor's advice about nutrition. In medical school, doctors learn to treat disease with drugs and surgery. They generally are not taught the virtues of a vegetarian diet. Your typical doctor has had little more than a 3-hour seminar on nutrition.
- 96 Chickens hung on conveyor belts destined for their demise move past inspectors so fast that disease detection is virtually impossible in the factory farm.
- 97 Concentrated purines in high protein foods break down into uric acid causing gout, a severe form of arthritis. This is only one of many reasons why too much protein through a meat-centered diet is in fact unhealthy. Seventy percent of the calories (vs. the necessary 6%) in the standard American meat-centered diet is protein.
- 98 Though milk gives temporary relief to ulcer sufferers because of the calcium content, acid production in the stomach eventually results and then actually erodes the stomach lining even more.
- 99 Hormones ingested through meat and milk have been linked to the recent rise in precocious puberty and in the increased incidence of sexual abuse of children.
- 100 In 1983, the cost to the U.S. from heart attacks, in the way of medical bills, lost wages and productivity amounted to \$60 billion, according to the National Heart, Lung and Blood Institute (see #3).
- 101 The treatment of human disease through antibiotics is showing signs of being hampered by the flagrant overuse of antibiotics given to the animals people eat. Before a meat-eating person even tries a certain drug to fight off an infection, he or she may have already built up an immunity to its positive effects.

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