

The Herbivore in the Room

Body-Shaming and Food-Shaming
Alienate Vegans and
Pre-gans



Vegan Diets and Health



Body Shaming
Food Shaming
Disease Shaming

Epidemiologic Studies Comparing Meat-Eaters, Semi-Vegetarians, Vegetarians, Vegans

**Adventist Health
Study – 2
(North America)
~8000 vegans**

**EPIC-Oxford
Study
(England)
~2600 vegans**

Vegans

- **Average lower BMI**
- **Less likely to have type 2 diabetes**
- **Less likely to have hypertension**
- **Less likely to develop certain cancers**

True

**Vegans have, on average,
lower BMIs than rest of
population**



False

**“The pounds just melt away
when you go vegan!”**

True

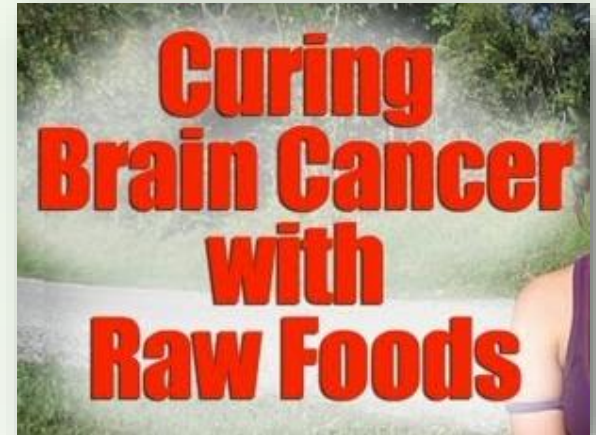
Vegans may have lower
risk for cancer

False

Vegans don't get cancer

False

Vegan diets can reverse
cancer





True

**Diets low in
saturated fat and
refined carbs, rich
in plant fats and
fiber lower risk for
heart disease**

False

**Vegans are
immune from
heart disease**

~~Cure-All
Bullet-Proof
Disease-Proof~~

Lower Risk
Increase Odds



Why So Much Hype about Vegan Diets and Health?

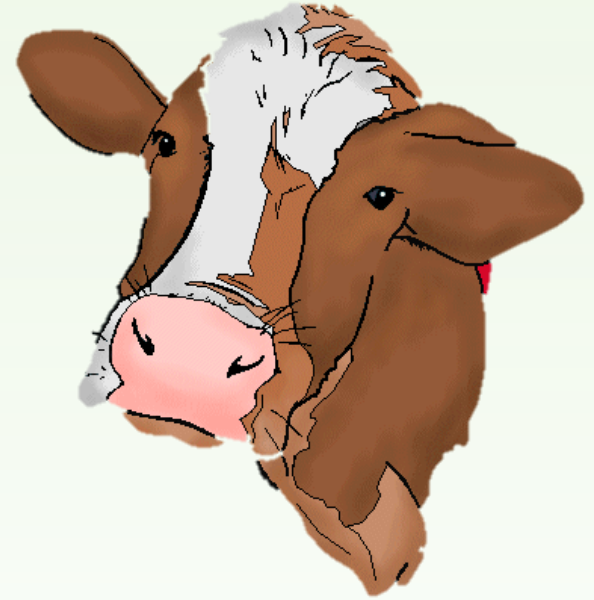
**Gives us a sense of control
over our health**

**Gives us a sense of control
over our mortality**



Why So Much Hype about Vegan Diets and Health?

We want to save animals



Promoting Vegan Diet as Guarantee of Health and Weight Loss

Sets up Veganism to Fail



Consequences of Vegan Sense of Invincibility

Complacency about Health

Avoiding appropriate health screenings

Avoiding medical treatments for serious diseases

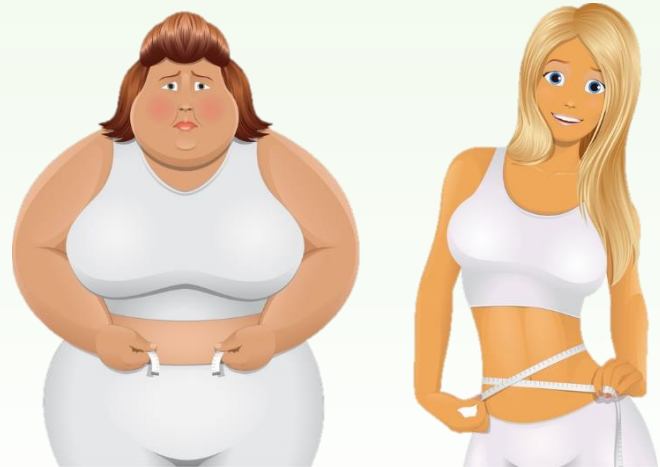
Ignoring other aspects of a healthy lifestyle

Consequences of Vegan Sense of Invincibility

Disease shaming

Body shaming

Food shaming



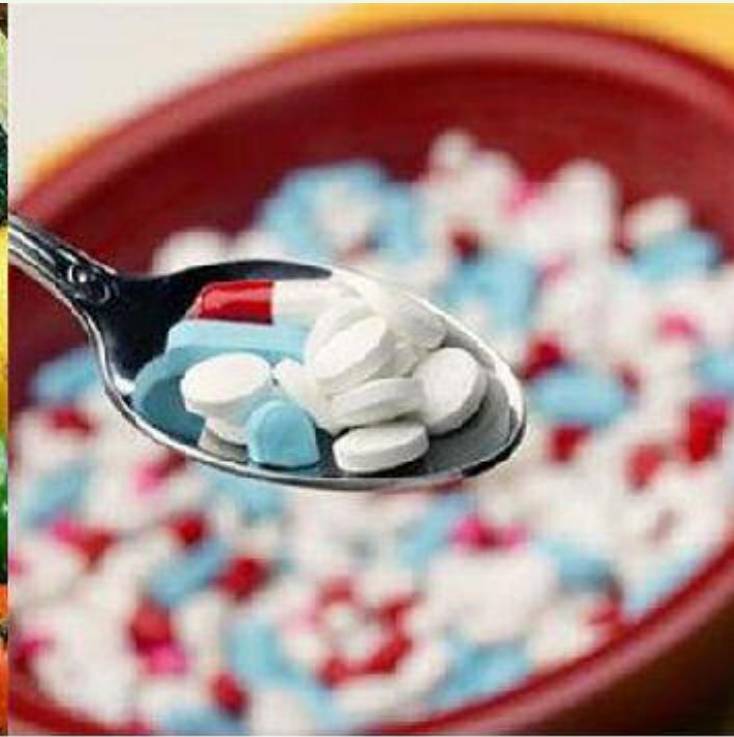
Disease Shaming

Suggesting we know exactly how to prevent an illness and therefore any illness is a personal failure

Blame and judgment

Disease shaming causes sick vegans to feel:

- **Afraid to share their diagnosis with others**
- **Unable to ask for emotional support**
- **Afraid to share that they are using conventional treatments**



Are you healing yourself long term or are you just covering up the symptoms?

Body shaming

Judging, blaming about body size

**Judging, blaming for illnesses and
attributing them to body size**

True

Weight can raise risk for some diseases

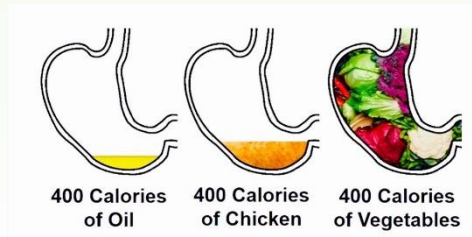
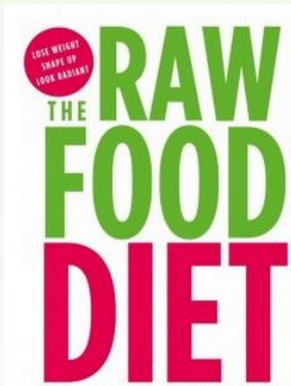
False

You can tell if someone is healthy based on their body size

People with high BMI who are sick caused their illness

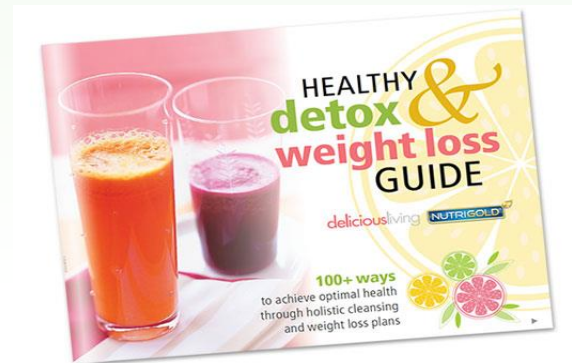
The *Miracle* Vegan Weight Loss Diet??

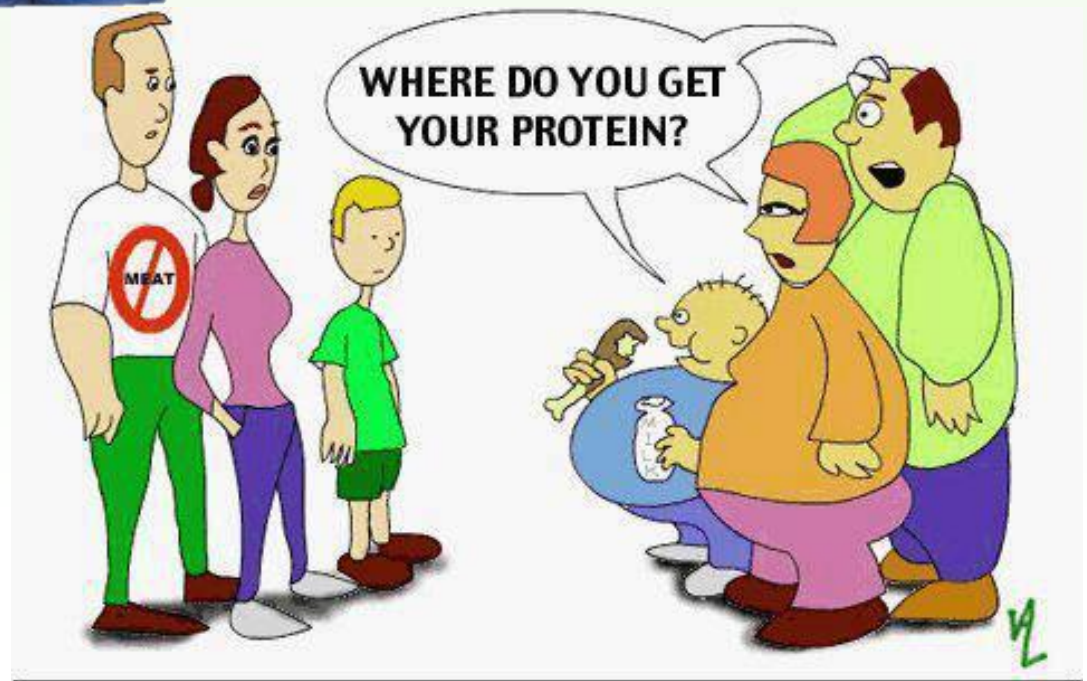
NO oil
whole foods
plant-based



Caloric Density

*Starch Based
Vegan*







[it is] difficult to connect with animal advocates who rely on the narratives of health and weight loss to get people interested in the vegan message. Some of these advocates are openly hostile to meat-eaters who are overweight.

That hostility may not be specifically directed my way, but it is still deeply felt by overweight vegans like myself.

**Body
Shaming
Weight
Stigma**



**Depression
Anxiety
Social
Isolation**



Eating To
Look
Amazing!

Real Food for
Real Beauty



True

**Plant foods can
enhance skin health**



False!

Wowza! Stunning Christie Brinkley, 61, Credits Vegan Diet for Youthful Looks



**Body
Shaming**

Sexism

Ageism

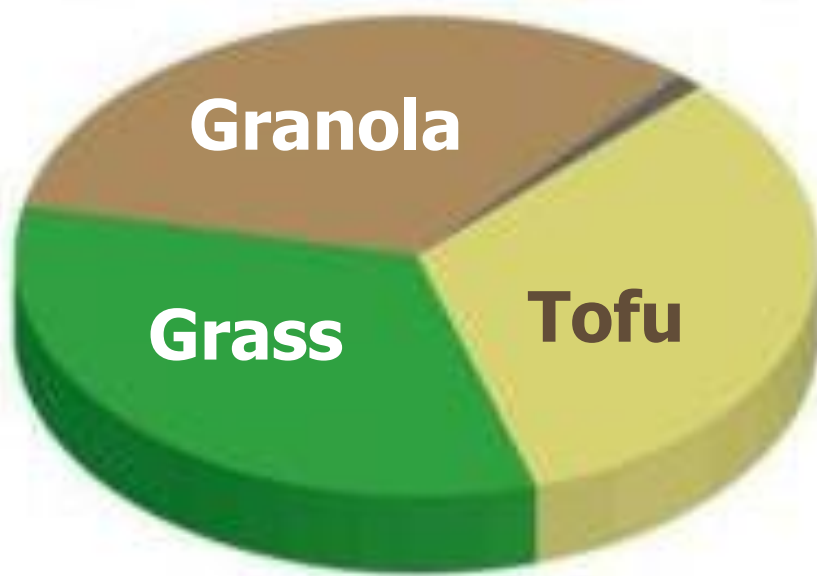
Food Shaming



Not doing
veganism “right”

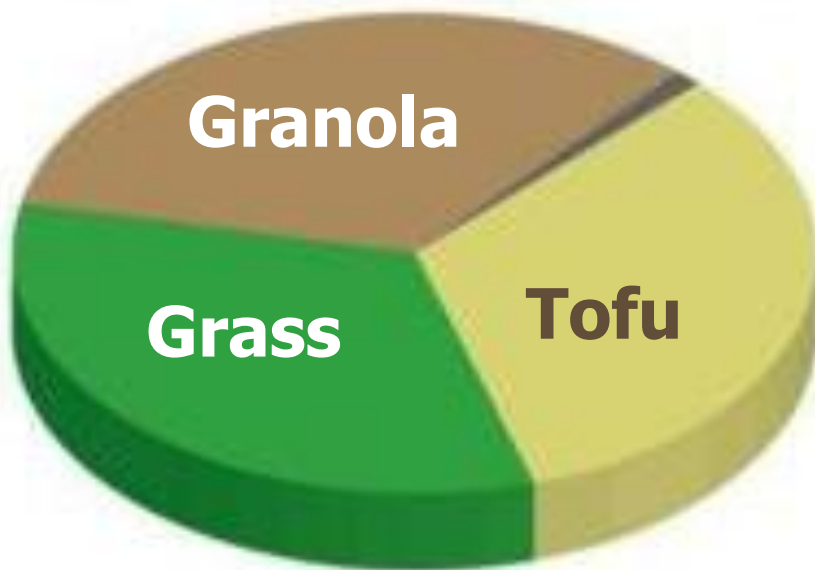


What people think vegans eat



What vegans really eat

What people think vegans eat



artichokes	cookies*	kale	coconut
asparagus	kiwi	raspberries	coconut curry
avocados	lasagne*	rice	coconut milk
bacon*	lettuce wraps	salsa	cookies*
bagels	mac 'n' cheese*	samosas	kiwi
bananas	mandarin oranges	sandwiches	lasagne*
beans	mangos	seitan	lettuce wraps
beef	marshmallows*	soul food*	mac 'n' cheese*
beets	mashed potatoes	soup	mandarin oranges
biscuits*	melons	soy milk	mangos
bread	Mexican food*	spring rolls*	marshmallows*
broccoli	nachos*	stin-try	mashed potatoes
brownies*	noodles	strawberries	melons
Brussels sprouts	onion rings	sushi*	Mexican food*
buffalo wings*	oranges	sweet potato fries	nachos*
burgers*	paela*	tabouli	noodles
burritos*	pasta	tacos*	onion rings
cake*	peaches	tempoh	oranges
carrots	peanut butter	Thai food*	paela*
celery	peas	Tofurky	pasta
cheese steak sandwiches	peppers	tofu scramble	peaches
cheese*	pies*	tomatoes	peanut butter
cheesecake*	pineapple	tortilla chips	peas
cherries	pizza	veggie tempura	peppers
chili cheese fries*	potato skins*	veggie wraps	pies*
chili*	potatoes	everything else*	pineapple
Chinese food*	pumpkin		pizza
	quinoa	*vegan version	potato skins*
			potatoes
			pumpkin



Vegan Junk Food ?



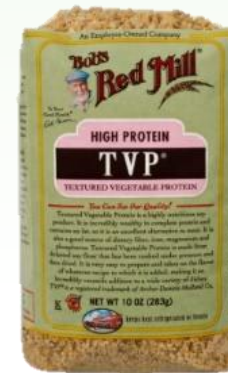
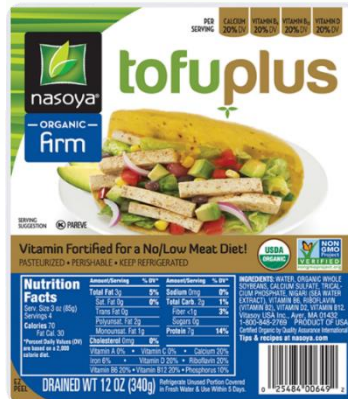
A False Dichotomy

**Whole Foods
Plant-Based**

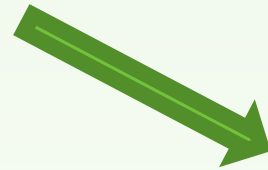


**Junk-Food
Vegan**

Staples of Traditional Healthy Plant-Based Diets



**Low-fat and
high-fat plant-
based diets
(vegan,
Mediterranean)**



**Reverse
Plaque**



Vegetable Oils and Health

**Single meals
excessively high
in fat can
damage arteries**



**Vegetable oils as part
of plant-based diets
associated with
improved artery health**

1. No Alcohol

2. No Fried Foods

3. No Fast Food

4. Drink 1/2 your Body Weight in Ounces of Water

5. Keep a Daily Food Journal of Everything You Eat

6. Commit to Eating Clean and Plan Your Meals

7. Share the Challenge and Your Photos on Instagram, Facebook, Twitter and G+

RULES





BENEFITS OF GOING VEGAN



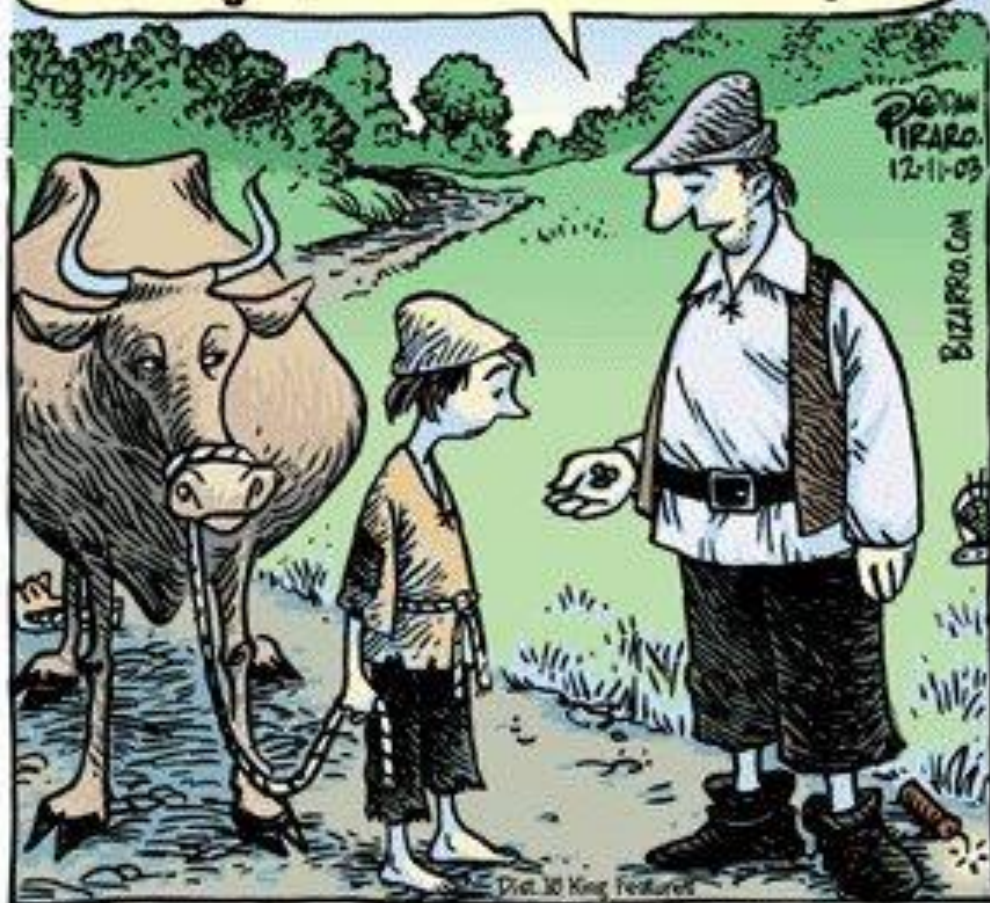
- Improves Cardiovascular Health**
- Eliminates all dietary cholesterol**
- Lowers high blood pressure**
- Weapon against Type 2 Diabetes**
- Stops the progress of Prostate Cancer**
- Reduce your chances of Colon Cancer**
- Reduce your chances of Breast Cancer**
- Prevents age-related Macular degeneration**
- Prevents cataracts**
- Alleviates arthritis symptoms**
- Prevents osteoporosis**

Source: <http://lovinghuf.us>

I feel like an outcast due to my weight and medical conditions. I feel that there is such a push to show that veganism is so healthy and that all vegans are slim that there's no room for me.



Well, they're not really MAGIC beans.
They're just a heck of a lot better
for you than meat or dairy.





**Vegan Diets
Don't Work ?**

Veganism: Justice, Fairness, Compassion Guaranteed

