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??

Low Fat vegan

Caloric Density

NO oil whole foods plant-based
WHERE DO YOU GET YOUR PROTEIN?
[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
Food Shaming

Not doing veganism “right”
What people think vegans eat

- Granola
- Grass
- Tofu
What people think vegans eat

- Granola
- Grass
- Tofu

What vegans really eat

- artichokes
- asparagus
- avocados
- bacon
- bagels
- bananas
- beans
- beef
- beets
- biscuits
- bread
- broccoli
- brownies
- Brussels sprouts
- buffalo wings
- burgers
- burritos
- cake
- carrots
- celery
- cheese steak sandwich
- cheese cake
- cheese cake
- cherries
- chili
- cheese fries
- chili cheese fries
- chili
- Chinese food
- cookies
- kiwi
- lasagne
- lettuce wraps
- mac 'n' cheese
- mandarin oranges
- mangoes
- marshmallows
- mashed potatoes
- melons
- Mexican food
- nachos
- noodles
- onion rings
- oranges
- paella
- pasta
- peaches
- peanut butter
- peas
- pizzas
- potato skins
- potatoes
- pumpkin
- quinoa
- kale
- raspberries
- rice
- salsa
- samosas
- sandwiches
- seitan
- soul food
- soup
- soy milk
- spring rolls
- stir-fry
- strawberries
- sushi
- sweet potato fries
- tabbouli
- tacos
- tempeh
- Thai food
- tofu scramble
- tomatoes
- tortilla chips
- veggie tempura
- veggie wraps
- everything else
- *vegan version
- coconut
- coconut curry
- coconut milk
- cookies
- kiwi
- lasagne
- lettuce wraps
- mac 'n' cheese
- mandarin oranges
- mangoes
- marshmallows
- mashed potatoes
- melons
- Mexican food
- nachos
- noodles
- onion rings
- oranges
- paella
- pasta
- peaches
- peanut butter
- peas
- peppers
- pies
- pineapple
- pizza
- potato skins
- potatoes
- pumpkin
I Can't Believe It's Vegan!
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

Circulation 2010, 121:1200
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.

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<thead>
<tr>
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<th>RULES</th>
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<tbody>
<tr>
<td>1.</td>
<td>No Alcohol</td>
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<td>2.</td>
<td>No Fried Foods</td>
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<td>3.</td>
<td>No Fast Food</td>
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<td>4.</td>
<td>Drink 1/2 your Body Weight in Ounces of Water a Day</td>
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<td>5.</td>
<td>Keep a Daily Food Journal of Everything You Eat</td>
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<td>6.</td>
<td>Commit to Eating Clean and Plan Your Meals</td>
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<td>7.</td>
<td>Share the Challenge and Your Photos on Instagram, Facebook, Twitter and Google+</td>
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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