



1 Where do you get your protein from?

Protein deficiency is very rare in developed countries, regardless of one's diet. Vegans easily get enough protein from sources including beans, tofu, non-dairy milks, legumes, nuts and seeds.

2 If everyone went vegan, wouldn't animals take over the world?

No, it is a simple supply and demand issue. The more vegans there are, the less animals will be farmed.

3 Can you still eat fish?

Fish aren't vegetable matter but living, breathing sentient beings who experience suffering and pain.

4 But plants feel pain too!

No doubt the person saying this will happily walk on grass! Plants do not contain a central nervous system and are not sentient beings. Also animals farmed for food eat lots of plants.

5 Wouldn't cows explode if we didn't milk them?

Cows only produce milk when they have a calf to feed. So the dairy industry routinely impregnates cows, then kills their babies so humans can consume the milk instead. Cows don't explode, but do experience pain, suffering and sickness due to this cruel industry.

6 Humans are the top of the food chain, we are meant to eat meat...

Just because we can kill animals to eat them doesn't mean we should. We don't need animal products in our diet, vegans live healthier lives without slaughtering others and wreaking havoc on the environment.

7 Why don't you care about people? They are more important than animals

Being vegan IS caring about people. A vegan diet benefits human health and reduces community medical costs. Animals farmed for 'food' eat a huge amount of plants and grains that could be fed to starving humans instead.

8 But what do you eat?

What DON'T we eat? (except the body or secretions of someone else). There is a huge variety of food that is naturally vegan (fruits, vegetables, grains, legumes, nuts and seeds) as well as lots of specialist vegan products.

9 Being vegan is so extreme

If kindness is extreme, then what do you call the slaughtering of terrified animals? There is nothing extreme about kindness and non-violence.

10 I could never give up bacon/cheese/wings/...

Have you tried? Once you set your mind to something you can achieve it. You can change bad habits, give it a go! Simply consider the damage and suffering an animal based diet is causing.