

Earth Peace

presents

What young people need to know
to go and stay vegan.

(2nd edition)



@chefcharitymorgan (Tennessee Titans NFL football)

by Earth Peace founder and Youth Director Lila Copeland ©2018 Earth Peace Foundation

Foreword:

It's been 3 years since I wrote the first edition of this guide for my fellow teens and tweens looking to go vegan. I am Lila Copeland, I am now 16, and I started Earth Peace when I was 11, one year after I first went vegan. Before going vegan I was vegetarian so I have never eaten meat, but I ditched eggs and dairy later on when I really learned what happens to cows in the dairy industry and to chickens and their babies in the egg industry. Also, the amount of damage being done to the planet and our atmosphere by animal agriculture can no longer be ignored. According to NASA and the United Nations, time has run out for people to sever their addiction to animal products before we snuff ourselves out. Animal agriculture is responsible for 51% of the toxic load on our atmosphere in the form of CO₂ and methane gas, as well as massive ocean dead zones all around the world. If the oceans die, we die. The situation is urgent.

Over the years since 2013 I have met many students during our trips to discussion forums in schools and clubs and later in our Healthy Freedom Campaign to put a vegan lunch option in every public school in California every day of the school year. What I have seen during our travels is students who hear the message and see the urgency of the call to veganism, but their parents stop them. The common complaint is nutrition - that being vegan means we don't get the nutrients we need to thrive. Nothing could be further from the truth and our guide explains why, so you can help your parents chill.

Our Revolutionary Campaign: Healthy Freedom

In 2017 we got the second largest school district in the country to adopt the Healthy Freedom vegan lunch option plan and make it official: Los Angeles Unified School District. Due to the efforts of Earth Peace, our student partners, key school district officials and our expert partners, LAUSD will have vegan meals in every one of their schools every day of the week by 2020 (so we are told). That's 1,000 schools and 660,000 students learning about what vegan food is and why we need it, every day in school.

Now our campaign stretches to the state of California and I hope to see legislation on the floor of the California State Senate by the time I am a sophomore in college, 2021. I will work for this plan to become law in my home state by the time I graduate college in 2024.

The cornerstone of our Healthy Freedom Campaign is HEALTH.

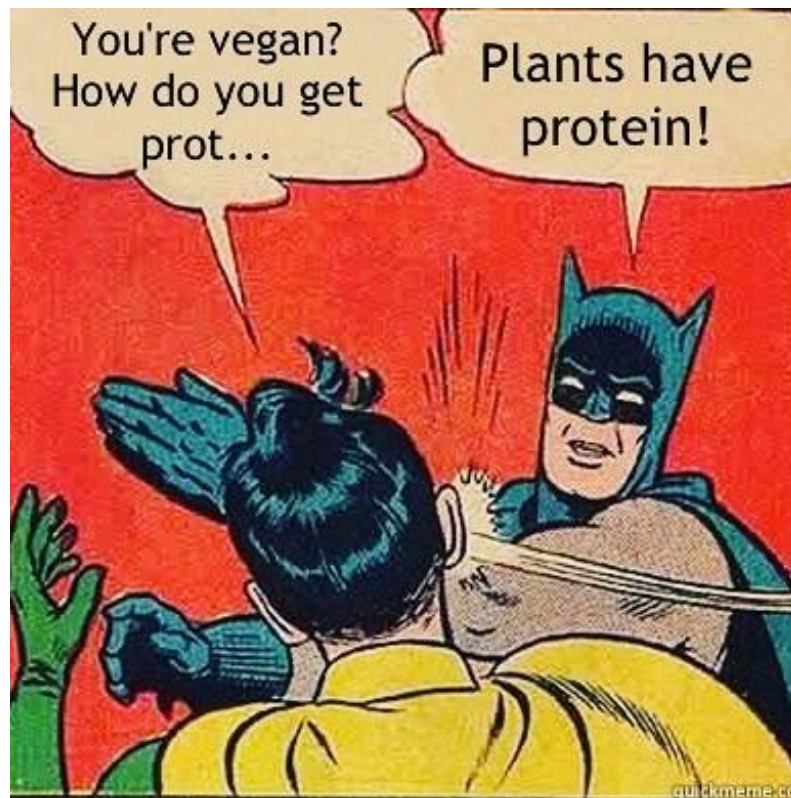
Kids in the US are prey to obesity, diabetes, cancer and even heart disease. Minority kids and those who get free lunch are 18% more likely to get sick from what they eat both in and outside of school. Dr. Michael Greger (author "How Not to Die: / nutritionfacts.org) reported to us that doctors are seeing fatty streaks in the arteries of children who are only 10 years old from the animal laden foods they are fed at school and at home. The sole reason for this is diet. Kids are rigorously marketed to so they will eat more McDonald's, KFC, and sugar. In LAUSD they actually add sugar to the milk to get kids to drink more of it and I am sure thousands of districts across our country do the same because they are linked hand in hand with the dairy lobby. Public schools rely on hamburgers, hotdogs, pizza and cheese for their staple menu items. I experienced in my own school that our sports teams were "treated" to the In-N-Out burger truck or Chik-Fil-A for winning games. The irony: rewarding athletes who need to be healthier than everyone else with heart attack and cancer food. Kids and adults really need an education in nutrition. These fast foods are not harmless to humans or the planet. Giving athletes whose success depends on the best nutrition they can access a "treat" in the form of cholesterol, fat and chemical laden foods is crazy.

School is the place where this trend can be neutralized, kids can have access to vegan choices and learn why eating plants will reverse heart disease and diabetes in most cases and will definitely make them better athletes. The only source of cholesterol, the offending component in heart disease, are animal products. Statistics consistently show that eating a whole foods plant based diet results in weight loss almost always. Heart disease is still the number one leading cause of premature death in humans in the US.

We want everyone who is inspired to go vegan, TO GO VEGAN! It is the single most powerful choice you can make for your life, the planet, and the animals. Ask any vegan you meet if they regret their choice and you will always hear them say "The only regret I have is that I didn't do it sooner."

When you give up your contribution to the suffering and destruction that is the animal agriculture industry, your whole being gets lighter. You have more to give. You have more fire in your belly to create all kinds of positive things in your world. A great by-product of this shift is, you get to live longer and stronger.

So sit back, relax, and read our guide, then give it to your parents. We will set to rest any concerns they have about you going vegan. We can show you how to be the happiest and healthiest you've ever been, thriving on a vegan diet.



Dude, where do you get your protein?

This comment is the number one opposition people still holding out against their own best health and the health of the planet use to fight you going vegan.

Let's take it back a step. So you eat cows and your whole family eats cows and that is how you say you get your protein. In fact they say there is no way a person can stop eating cows and still get enough protein. But, the cow's whole body is made of protein. (just like ours are). And the cow is made of protein because he eats protein. And the cow only eats plants, he's an herbivore. Ergo, plants have protein. Rhinos, gorillas, sheep, hippos, elephants and giraffes: all herbivores. All made of protein. Most of them are very powerful. Literally all the protein that exists on our planet comes from plants. Remember that crucial fact when faced with the question of how you will get enough protein following the vegan eating method.

Plants are packed with protein. Calorie for calorie broccoli has more protein

than steak. According to the dietician scientists of the world, a human needs .36 grams of protein daily for optimum health. I weigh 135 pounds at the moment, so I would need 48.6 grams of protein a day. But I am a competitive athlete and I am in adolescence, so, I actually need and take in 100 grams of protein a day. But if you are a sedentary or even moderately active teen or adult, you do not need high protein intake like I do.

So, taking me as an example, how do I get enough protein as a vegan every day? When I am training I start my day with a protein shake right after training in the morning. If you are not training you don't have to do this. I use unsweetened and unflavored pure organic rice protein. My shake has 50 grams of protein in it. Half my requirement is done by breakfast. Just for kicks here are the ingredients of my breakfast shake and they vary day to day:

8 ounces of almond milk - unsweetened
1 cup frozen blueberry or other berry
½ cup some other kind of frozen fruit like pineapple or mango or peach
(you can also use green veggies for this too, avo will make it really creamy)
2 scoops of plain organic gluten free rice protein powder
1 banana
If in the mood a table spoon of almond butter

Blend and enjoy.

Next is lunch. I have never eaten school lunch, they have never been healthy. Sorry if that sounds harsh but it's true. Here are some examples of what I would pack for my lunch (or really what my mom puts in the bag) and how much protein each meal has:

Tofu "egg" salad sandwich, bag of fresh fruit, gluten free protein bar, some kind of snacky thing like pretzels, chips, crackers, sautéed broccoli. Total protein: 31 grams

Black bean tacos, hummus, protein bar, crackers, bag of fruit. Total protein: 28 grams

Pasta with lentil "meatballs" and marinara, greek salad, bag of fruit, protein bar, Columbia Gorge smoothie. Total protein: 35 grams

So at this point I am up to about 81 grams of my daily 100 gram goal. You, if you are not training, have already surpassed your daily required intake.

Here are a few things I might have for dinner, taking into account I run around all the time and don't get home until late from practice sometimes and we eat take out a couple nights a week.

Chipotle burrito bowl with sofritas and black and pinto beans and rice: about 22 grams of protein

Veggie Grill quinoa burger with gluten free bun, mashed potatoes, coleslaw: about 18 grams of protein

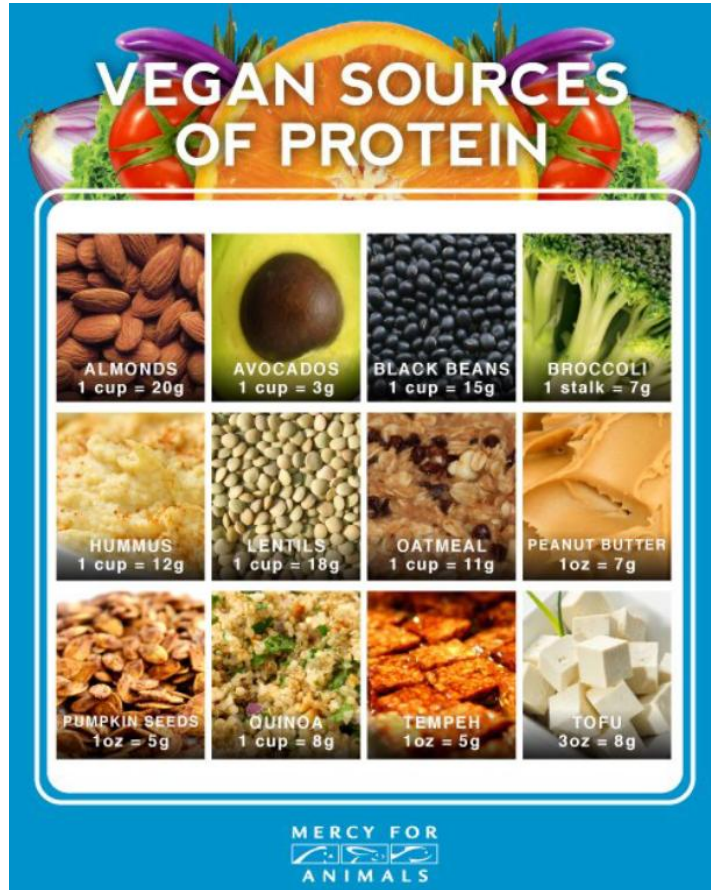
Plant power bowl at home, brown rice, baked sweet potato, black or garbanzo beans, avo, tomato, sautéed kale with braggs, tofu sour cream: about 25 grams of protein.

At this point I am a few grams past my daily intake of protein. You have surpassed yours by over 50%.

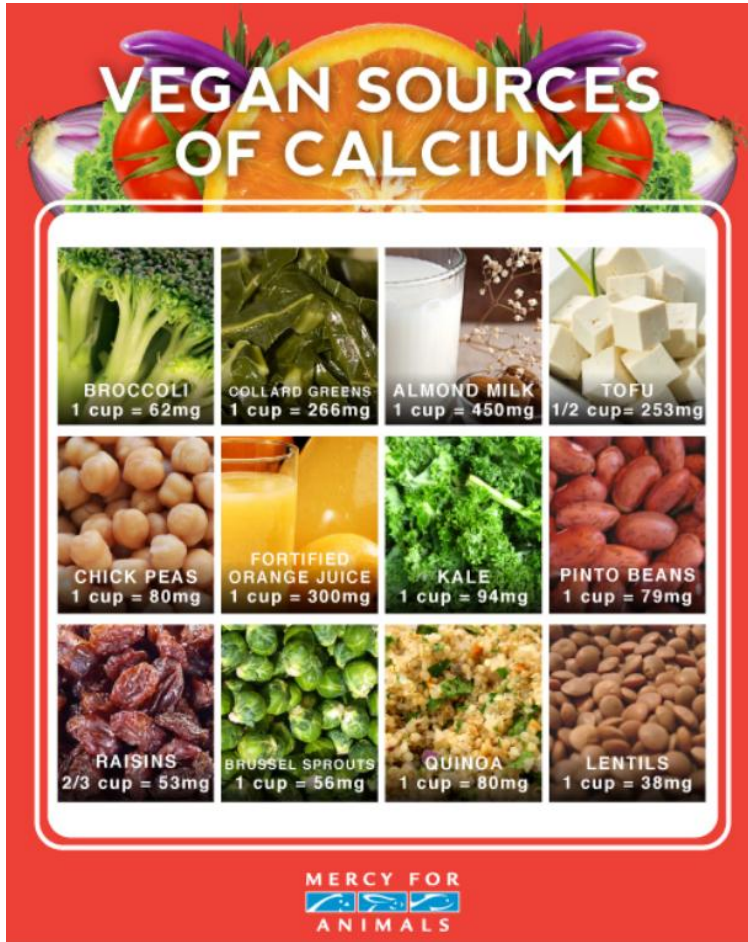
So friends, you can comfortably tell your parents, friends and grandma to chill. You're going to be topped off on protein eating plants in your new vegan life.

More about protein, keep reading on!

Here is a chart from our friends at Mercy for Animals to give more ideas about vegan sources of protein:



“You have to drink your milk to get enough calcium!”



Pretty much nothing could be further from the truth. The age old myth that we need milk for strong bones and teeth started back in the day when cows weren't destroying the atmosphere with their megatons of methane gas and CO2 and has been fortified by relentless marketing and cross pollination into our schools by the dairy industry over the past 50 years. Milk is the poorest source of calcium due to its quality, what's in it, and the adverse effects it has on human bodies. Some of those adverse effects are cancer, bone loss, and obesity (check this with Harvard Medical, Physicians Committee for Responsible Medicine and Stanford). A large portion of the population and even more so in the minority population, are lactose intolerant. The reason for that is because humans are not baby cows and milk is baby cow growth formula. It's not meant for humans.

Kids 9-18 years of age need about 1300 mg of calcium daily. For me that's coming in the form of a tofu stir fry (400 mg) , two cups of kale (190mg) , my 8

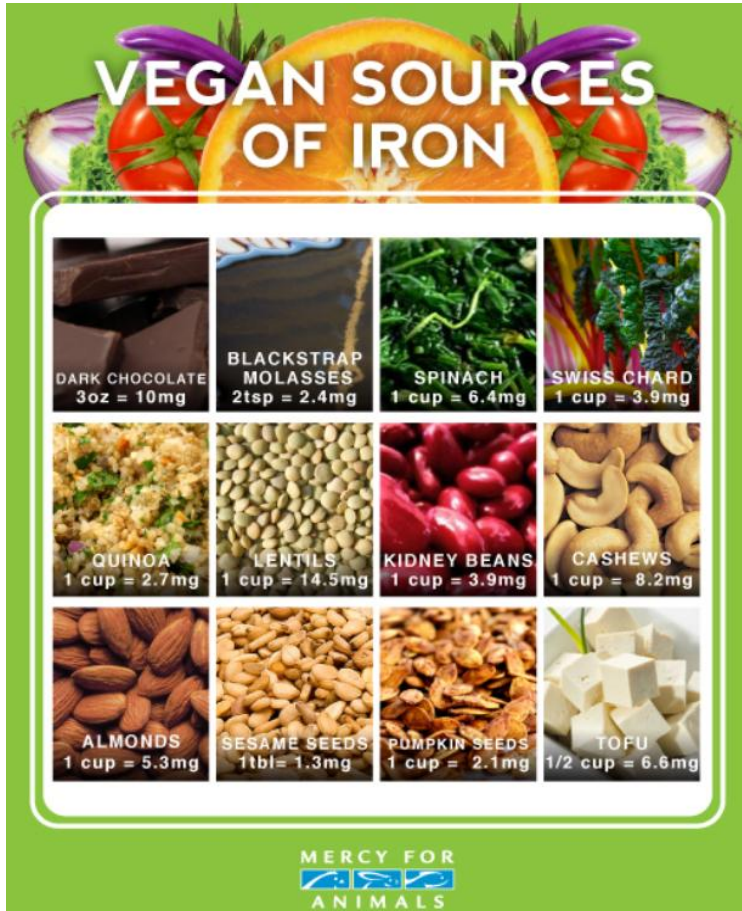
ounces of almond milk that already showed up in my morning smoothie (600mg) that cup of hummus I had with lunch (80 mg) that cup of pinto beans I had in my Chipotle burrito bowl (80mg) - oops I already went over my daily requirement just by eating the healthy whole foods I eat every day in my normal meals.

It's that easy. And remember this little dude pictured below and 10 or so billion of his cousins who are taken away from their moms at birth every year just in the U.S., held in a tiny crate for a few weeks while they cry for their moms, and killed as a by-product of the dairy industry. Male calves are waste product to dairy farmers. We advocate veganism for health, but it's also every bit a social justice matter. In doing what's good for your body by keeping to plants for food, you help the planet, and you are on the side of justice for all.



Gotta get that IRON!

Iron is crucial for good blood and good blood is crucial to keep us strong. We get plenty of iron from plants. We need 8-10 milligrams per day of iron for good health.



As we already know from my prior sample menu of what I eat in a day, I already slammed my daily intake with my tofu "egg salad" sandwich (6mg) and my quinoa burger (2.7 mg) and my kale, which is not shown in the picture chart above but which has 7 mg of iron. I am sure you're all thrilled to see that dark chocolate has 10 mg.

I think we have made the point that plants have all the nutrients we need to thrive. One thing vegans do do is supplement with vitamin B-12. B-12 is found in animal products and we need it to have strong blood and good energy. Kids to age 13 need 1.8 micrograms of B-12 per day and kids 14 and up need 2.4 micrograms per day. I take a dropper every day of B-12 and it gives me more than what I need daily.

You can read more from medical experts on the topic of eating vegan. Try Dr. Michael Greger, "How Not to Die", which is a book and his website which has information about almost any question you can have about human health and nutrition: Nutritionfacts.org. Also take a look at the website for Physician's Committee for Responsible Medicine, with Dr. Neal Barnard and Dr. Garth Davis, Proteinaholic and thedavisclinic.com. All these doctors have tons of informative videos online to watch on the topic of vegan health for humans.

One last note: SOY.

A lot of people use an argument that soy is bad for humans. Some people say the meat industry is behind a lot of that argument. But soy, the good organic kind, has actually been shown to curtail breast cancer in women and prostate cancer in men. It's lowered bad cholesterol in test subjects. It does not have hormonal effects on men. It's a power packed source of protein, iron, and calcium. Organic soy is a superfood.

Eating GMO soy is not a good idea. But organic tofu and other kinds of soy products as well as tempeh, which is fermented soy, is good for us. It can lower blood pressure and definitely circumnavigate heart disease, which is caused by eating animal products.

I hope that this basic information has helped calm any concerns you may have had in considering your new vegan life. It can be scary to face something so new and so important, since food and eating are part of every day life with our friends and family. But once you start, it's easy, and when you feel good physically and mentally about how you are affecting the planet for good with your food choices, there's nothing to regret about going vegan.

For more support and vegan food ideas and science visit our website at www.earthpeacefoundation.org, our facebook at www.facebook.com/earthpeacefoundation, and the following sites that offer support for new vegans: challenge22.com chooseveg.com and forksoverknives.com

Thank you for caring enough to make your own life the vehicle for change in a world that needs a new way to go forward now more than ever.

Love, Lila

