

Veganism Affairs of State:
Why Vegans are Detested, Vegan Identity Politics,
and The Detrimental Effects of The Meat Industry

by

Emma Freid

Submitted to the Department of Political Science
School of Natural and Social Sciences
in partial fulfillment of the requirements
for the degree of Bachelor of Arts

Purchase College
State University of New York

May 2022

Sponsor: Shemeem Burney Abbas

Second Reader: Amy Beth Wright

Table of Contents

Introduction: Pg. 3

- Religion and Veganism: pg. 4

Vegan Detestment: Pg. 6

- *Why Do People Hate Vegans So Much?: Pg. 6*
- *Why White Veganism Inhibits the Political Movement for Plant-Based Diets*
Pg.8

Vegan Identity Politics

- *Thin- Privilege and Veganism: Pg. 11*
- *How Masculine Tropes Disempower a Modern Vegan Movement Pg. 13*
- *Trump-era Veganism: Pg. 15*

Detrimental Effects of the Meat Industry

- *Environmental Effects of the Meat Industry: Pg. 17*
- *Meat Consumption Health Effects: Pg. 20*

Conclusion: Pg. 21

Annotated Bibliography: Pg. 22

Introduction

Let's address the elephant in the room: vegans do not have a good rap, and many people might roll their eyes at a politically-minded research paper examining why a plant-based diet is beneficial. However, the research speaks for itself. Plant-based diets are a political and social movement; they are also beneficial in more ways than one: Such a diet helps reduce the effects of climate change, while improving personal health. This movement is also currently extremely white-washed, and westernized versions of veganism are less inclusive. This limits the potential of veganism to realize its positive impacts more broadly.

The modern wave of veganism began around 1951, conceived by the Vegan Society as a movement that almost immediately broadened to become an animal rights movement (Gordon). According to the Vegan Society's website, "*The object of the Society shall be to end the exploitation of animals by man*" and "*The word veganism shall mean the doctrine that man should live without exploiting animals.*" The same website describes veganism as a principle rather than a diet, and writes, "the vegan principle is applied to diet, it can at once be seen why it must be vegetarian in the strictest sense and why it cannot contain any foods derived from animals... Veganism, however, is a principle – that man has no right to exploit the creatures for his own ends – and no variation occurs. Vegan diet is therefore derived entirely from "fruits, nuts, vegetables, grains and other wholesome non-animal products," and excludes "flesh, fish, fowl, eggs, honey and animal milk and its derivatives.""

Why Do People Hate Vegans So Much?

There is a huge stigma around veganism, which is preventing a lot of people from reducing the amount of meat they eat. People tend to portray vegans as annoying, obnoxious, and rude. In the article, ““If I became a vegan, my family and friends would hate me: Anticipating vegan stigma as a barrier to plant-based diets,” the authors discuss just this phenomenon, and pinpoint four main reasons why people continue to believe that eating meat is a sound choice: they believe it is natural, normal, necessary, and nice (Markowski).

As humans, our culture centers around eating. We organize our time and schedules around meals, and plan social occasions around hanging out with other people over a meal. “Sharing meals serves a variety of social functions, including defining the boundaries around a group, strengthening and maintaining relationships with those in the group, and teaching as well as reinforcing cultural beliefs and values” (Markowski).

To this point, Markowski continues, when we eat the *same foods* we are establishing a sense of commonality with our group and maintaining a sense of belonging as well as social bonding.

Within Western culture, meat is seen as important to every meal, and a meal is not complete without some type of meat on the plate. This is because Americans have associated protein with meat, and in order to get proper nutrition you must have meat in every meal. This notion also plays into a traditional value that Americans tend to hold, which is: superiority of humans over animals, or men over women (more on this later) (Markowski).

So, when vegan and other plant-based dieters reject the notion that “meat is good for you,” they are then rejected themselves. People continue their omnivore diets as a social cue that they belong. People get upset and angry when encountering veganism because they are essentially telling the omnivores that the way they socialize (which is something humans hold sacred) is wrong. Since we have such a high standard for this phenomenon, when someone rejects an animal-based plate of food at a social gathering they then become a deviant to the standard (Markowski). Vegans are actively rejecting social standards, convention, or even tradition.

Many vegan people often have to alter the way they act around non-vegans due to the social stigma they endure. They often distance themselves from characteristics that are associated with them.

Religion and Veganism

The vegan diet originated long before 1951, and goes back centuries. Buddhism entails a specific diet based on one of five teachings. “One of the teachings prohibits taking the life of any person or animal. Many Buddhists interpret this to mean that you should not consume animals, as doing so would require killing. Buddhists with this interpretation usually follow a lacto-vegetarian diet. This means they consume dairy products but exclude eggs, poultry, fish, and meat from their diet (Walle).” Although they still consume dairy, this is still a mostly vegan diet that follows the same principle of veganism- not killing animals.

The ultimate goal of Buddhism is to end mental suffering through meditation and following the teachings of the Buddha. This religion was founded in India by the Buddha. Buddhism believes that all sentient beings are equal, and that Buddhists need to abstain from evil.

The Buddha teaches that animals have equal rights as humans, and killing them is wrong. It is known in the religion that animals are also in the cycle of samsara and they suffer in the same ways that humans do. Samsara is the notion that all living creatures are in the same cycle of being born, living, dying, and being reborn and eventually finding their way to reach ultimate enlightenment known as Nirvana. Morally, in Buddhism it is taught that we are all under the ideal of karma, and if you cause harm to another living being then you will receive harm as a result either in this life or another life. But, it also works in the reverse, if you are kind then you will receive kindness in return. Under this religion, it is believed that karma is the reason why there is human existence.

Another religion that focuses on a similar diet is Jainism, one of the oldest religions in the world. This religion was also founded in India, by Rishabhdev- the first spiritual teacher. It is also a religion in which there is not a God in which they follow, and it is a religion with no start or end; it has always simply existed.

Jainism also teaches that humans need to respect all living beings, and not doing so will result in bad karma and thus continuing the karmic cycle of suffering. This religion believes that sin is connected to harming another living being, and thus gives bad karma in return. Jains believe in striving to never cause harm to anyone else in all of their actions.

Jains follow many beliefs in order to be released from the karmic cycle of living in this life, including three foundational principles: correct perception (*samyak darshana*), correct knowledge (*samyak jnana*), and correct conduct (*samyak charitra*) (Osmond). There are also four deadly sins: anger, pride, deceitfulness, and greed. Additionally, “underpinning Jainism are five central vows, or *mahavratas*. These are non-violence (*ahimsa*); non-attachment (*aparigraha*); not lying (*satya*); not stealing (*asteya*); and sexual restraint (*brahmacharya*), with celibacy the ideal (Osmond).”

Within the teaching there are also fundamental truths known as Tattva, these constitute reality for the Jains. “... These are the soul; the non-soul; the influx of matter into the soul; the mixing of the soul and *karmas*; the obstruction of matter into the soul; the gradual dissociation of karmic matter from the soul; and liberation (Osmond).” Understanding where vegan culture comes is extremely important when trying to understand the topic as a whole.

Why White Veganism Inhibits the Political Movement for Plant-Based Diets

Veganism as an underpinning of Eastern religions dating from more than 2,000 years ago in mind, it's important to discuss the concept of the "White Vegan." The white vegan is someone who appropriate the cultures they are getting their food and recipes from, all while excluding the people from those cultures in vegan discourse. "Veganism, a consumption-focused political protest against systematic discrimination against Nonhuman Animals, is most frequently represented primarily by thin, white-identified, middle-class women, and this is thought to overshadow diversity in the vegan community (Wrenn)".

Many white vegans advertise their recipes in a very racialized way that simplifies their origin and rely on stereotypes, or generic characteristics. For example, "African peanut stew" or "Asian stir fry (Zoledziowski)." "Western plant-based accounts often omit or forget to nod at the origins of some of their favorite foods—legumes, yams, rice, quinoa, chia seeds, tofu—and who cultivates them (Zoledziowski)."

"Many vegans are, noticeably, white women on Instagram. Now, brands are quick to hop on to the trend for the sake of making money. They hold the reins in terms of advancing the lifestyle (Soto)." When you erase the history of veganism and portray it as a movement that is led by white people, it makes access to vegan products increasingly difficult due to price inflation, thus demonstrating that veganism goes hand-in-hand with wealth, and excluding black and indigenous people of color from the conversation. This makes the face of this movement whoever has the most followers on Instagram, which is oftentimes white, rich, able-bodied women.

White people tend to be extremely insensitive about the racial disparity that people of color experience and go so far as comparing the treatment of animals to the treatment and abuse that people of color experience. These two will never be the same, and comparing the two is extremely heartless.

Additionally, only 3% of white Americans are going to give up meat in their lifetime, while 9% of nonwhite Americans will give up meat, according to a 2018 Gallup poll (Zoledziowski). So, white women are truly not the core of this movement, yet the media continues to showcase them as the face of it. According to a 2016 Pew Research Center poll, 3% in the US follow a vegan diet, while 8% of Black Americans are vegan, making them the fastest growing demographic of the vegan movement (Zoledziowski). “But the movement doesn’t stop there: Hip-hop artists also have a hand in promoting veganism. From members of the Wu-Tang Clan to Beyoncé, perhaps some of the most influential people are not those who are recognized; instead, a viral piece of avocado toast at brunch will get more accolades (Soto).”

Another important notion is how veganism is viewed as a privileged lifestyle in Western countries whereas in the Global South the vegan diet can be viewed as a grassroots signifier.

A frustrating fact about the White Vegan is that it not only disregards entire cultures, it also shifts the industrialization of meat into the industrialization of plants. When the white person shifts their focus from consuming meat to consuming vegan-based products, this allows for capitalism to grasp this concept and change the unethical production of meat to the unethical production of plants.

White vegans with adequate means are constantly advocating to treat animals better, while ignoring the people who are being mistreated to create their vegan products. White vegans are constantly ignoring the fact that their vegan products are mass produced unethically and people are being abused to produce their “cruelty free” products. Many of these products are coming from the Global South, which is only ever used because of the low wage costs, where abuse is overlooked and embedded into work systems.

To truly buy cruelty free products is to purchase directly from a farmer or locally sourced farms and stands, but this is hardly ever the case for most white vegans. But, even this can be problematic. Indigenous farmers are being exploited as the demand for corn, quinoa, chickpeas, avocados, etc. are increased. The higher the demand is for these products, the higher the supply needs to be, but these farmers simply cannot keep up, which sounds like it would be a good thing, but this has a devastating effect on the price of the plants, labor the farmers need to put in, the farmers, and the land itself. Understanding intersectionality as a vegan is extremely important to accurately being apart of the movement, since it is all about causing no harm to living animals.

Thin-Privilege and Veganism

In our society, the ideal body type is a person with little to no body fat, demeaning them as “healthy.” So where does this leave vegan people who are heavyset?

In the article, “Fat vegan politics: A survey of fat vegan activists’ online experiences with social movement sizeism,” Wrenn writes about the shame and exclusion fat vegans experience from thin vegans.

“Sizeism is a significant concern for fat vegan activists as respondents report only medium-level feelings of comfort and community, with one in four reporting having experienced fat discrimination in the movement. Because veganism is not only concerned with anti-speciesism awareness, but also with mindful and healthful eating, vegan spaces are potential hotbeds of body-policing and fat-shaming (Wrenn).”

For example, in the 1990s, PETA (People for the Ethical Treatment of Animals) released an advertisement in which they photoshopped a man’s face in order to look like a pig’s and said, “The meat industry gets rich, all you get is fat (Wrenn).” Along with the irony of this ad (What did pigs do to PETA!?), it sends a message that being fat is only for people who eat meat, and being a fat vegan is not an option.

“Zoomorphism is frequently present in sizeist terminology, such as the tendency to refer to fat persons as “lardos,” “porkers,” “slugs,” “manatees,” “monsters,” “cows,” or bearers of “puppy fat.” Furthermore, fat persons are sometimes understood as genetically different from normatively-bodied humans, in much the same way as are other animals (Wrenn).”

When intertwining animal terminology and derogatory mindsets toward fellow human beings, this creates the illusion that fat people and animals alike are “bad,” or inferior, reinforcing the notion that animals and fat people’s bodies are highly politicized and subject to further oppression in our system. Using these terms in the eyes of PETA and other vegan advertisers is seen as rejecting speciesism, when in fact, it is furthering the harm.

“This approach is counterintuitive in that it pulls on speciesism with the supposed intention of challenging speciesism, but it is also troubling given that communities of color and other minorities have historically been animalized to justify their ill treatment (Wrenn).” Since people who live in the West are more likely to be subject to fat shaming, the use of these words is inherently racist, colonialist, and classist (Wrenn).

How Masculine Tropes Disempower a Modern Vegan Movement

Within our society, we have equated masculinity with meat based diets, so what are we prompted to consider when masculine-presenting people are vegan?

In a research article entitled “...” by Jessica Greenebaum and Brandon Dexter, this is discussed. The article cites a student where, when asked, men agree that being vegan by choice makes you less masculine. But, when a man is vegan for health reasons, their masculinity is not hindered. When asked the same questions about women, the study showed that people’s perception of women is not altered when told they are vegan (Greenebaum).

This forces vegan advocates to reconsider the ways in which veganism is marketed—is this diet too “feminine” for men? According to Greenebaum, the answer is yes. Modern commercials for meat products are often associated with big, masculine men devouring a hamburger or steak, and this has quickly become normalized. There are never ads for women eating meat, unless of course her breasts are out, and this again, is geared toward the male gaze. “[The commercials] do this by accentuating physical fitness, using aggressive language that supports ideas of male domination, emphasizing heterosexuality and the sexual conquest, and stressing individual health goals over animal rights, which are associated with women and femininity (Greenebaum).”

Later, the article discusses how men who are vegan (or hegan, as they describe it) often reject modern terms of masculinity and view veganism as the ultimate form of

masculinity. These men redefine values that are associated with femininity and change them to fit their masculine ideals.

Vegan men are simultaneously breaking down and reinforcing gender stereotypes when they stand under these ideals. When they reassign the values of a vegan lifestyle, they break down the gender role that is assigned with the diet. But, most men talked about how their vegan diet was to help improve their strength and stamina, versus the humane aspect of the lifestyle (Greenebaum). With these notions in vegan men's minds, they are reinforcing the idea that they are not allowed to *care* about anything, and the masculine route to go is by doing to get stronger and more masculine.

Trump-era Veganism

Although it comes to no shock to anyone, conservatives tend to not care too much about the issues that surround the vegan movement. Why is that? “Comprising about 2% of the American population, vegans ... tend to be middle-class, white, female-identified, educated, agnostic or atheist, and urban-dwelling. Numerous studies have indicated that vegans are predominantly liberal or left-leaning (Wrenn).” Wrenn continues, “... social movements must grapple with an “identity dilemma” as they struggle to find a balance between the important mobilizing capabilities of identity politics and the dangers of exclusion and exaggerated homogeneity.”

In other words, many conservatives are against the vegan movement because President Trump told them to be. It is also worth mentioning that Trump feels as though veganism is bad because it is an inherently anti-capitalist group, and thus threatens the profits that conservatives hold near and dear to their hearts. This movement also challenges the norms of eating, taking away the conservative idealism of preserving traditional values.

“Research into 2016 voting patterns finds that poverty and unemployment do not necessarily correlate with support for nationalism and populism. Instead, it is related to racial isolation, restricted social mobility, and lower social capital. As the vegan movement is white-dominated and predominantly middle-class, there is at least some reason to believe that Trumpism is resonating (Wrenn).”

Considering the types of people who make up the vegan movement, you would assume that there would not be a political divide, yet somehow the divide remains.

After conducting research on the intersectionalities of veganism, Wrenn found, “Only four percent of respondents voted Trump, while 14% agreed with or were neutral about Trump’s campaign promise to put “America first.” Those who were vegan for reasons of self-interest and had been vegan for less than a year were significantly more likely to support Trump’s conservative agenda and were slightly less likely to participate in other social movements (Wrenn).”

The study also found that participants who self-identified as liberal/left-winged were more likely to join the vegan movement for ethical reasons and likely to participate in other liberal oriented activist groups. While right-leaning respondents were more likely to become vegan for other reasons like for their health (Wrenn).

Environmental Effects of the Meat Industry

Alongside the cultural effects of the vegan movement, a couple of concepts are pertinent to all vegans: the meat industry is killing our planet, ourselves, and using unnecessary violence to kill animals for human consumption.

To start, humans are consuming meat at a dangerously fast pace, and scientists are expecting meat consumption and production to rise as much as 30% by 2050. By this time, the world population is expected to increase to 10 billion people, meaning, somehow we have to feed all these people. Scientists have also suggested that the only way to keep up with the rising population is by implementing and normalizing plant-based diets (Worth). "... Scientists believe that meat and sugar consumption must drop by 50% in order to reduce climate change inducing gasses and preserve land for biodiversity. They took into consideration greenhouse gasses, water, and crop usage, nitrogen and phosphorus from fertilizers, and habitat preservation (Worth)."

Another major contributing factor to global emissions is food waste. Nearly 30% of food is wasted in the United States alone. Wasting food is essentially putting the planet through carbon emission warfare for no reason, essentially, the harm that was done to the planet in order for the food to be produced was for no reason. Reducing the amount of food produced will bring down global warming emissions immensely.

"The global livestock industry produces more greenhouse gas emissions than all cars, planes, trains and ships combined, but a worldwide survey by Ipsos MORI in the report finds twice as many people think transport is the biggest contributor to global warming (Carrington)."

Cow farming is responsible for 30% of global warming from the methane that cows produce and also accounts for 10% of what the United States alone produces in carbon emissions. Methane is known to trap heat in the atmosphere and is more than 25% more potent than carbon dioxide (Worth). “Beef and dairy alone make up 65% of all livestock emissions (Carrington).”

The meat industry alone uses 70% of the world’s freshwater intake for farming and meat consumption (Worth). As we know, we need fresh water in order to survive, if we disrupt the natural life cycle water goes through, we risk losing fresh water as a source. This could be caused by long periods of droughts or overall global water shortages.

This industry is also destroying many forests in the wake of the rise of meat demands, in clearing out trees and destroying natural habitats in an effort to make more “farms” and factories. Cattle ranching is when you raise herds of animals in large masses of land. This is an issue for multiple reasons. Specifically, the deforestation of the Amazon is due to cattle ranching.

In order to create pastures for cattle to live in, space must be cleared, and farmers often use the slash and burn technique where they cut down trees, sell the trunks, and burn the stumps. This disrupts the natural habitats that are in the forest, forcing the animals that live there to find new habitats. The soil is then eroded, which leads to landslides and water contamination. This also sends extra CO₂ in the atmosphere from the trees being burned down.

The cattle themselves are oftentimes consuming the biomass down to the dirt, making it very difficult for the land to restore itself.

For the past several decades, the Amazon forest has undergone major deforestation issues, losing about a fifth of the forest in the last three decades (Sarma).

Cattle ranching accounts for 80% of deforestation alone. Brazil is the world's largest exporter of beef valued at around \$1.9 billion, and the government loans out billions more to help support the expansion of the industry (Sarma).

These farms also need to mass produce millions of tons of animal feed for the animals which will eventually turn into millions of tons of animal waste.

Animal waste is a big concern for the planet's water supply. When animal waste runs off into the water supply this then creates "dead zones" in which no life can be sustained and the water cannot be consumed. The oceans or rivers that are interacting with the animal waste are creating extra nutrients in the water, causing the oxygen levels to be too low and thus increasing the amount of algae produced. These dead zones are not fit for life other than algae, and cause a lot of issues in the surrounding areas that might be dependent on that water supply. An example of a dead zone would be the Gulf of Mexico. There is a stretch of thousands of miles of water that is not sustainable for the life of fish or bottomfeeders because of the amount of nitrogen in the water supply. The consumption of the water will cause disease and illness in humans and animals from the algae blooms that appear in the water.

Meat Consumption and Health Effects

Taking matters from a large, global scale to an individual scale, the vegan diet is simply *better* for your health. A vegan diet consists of higher nutrients and fiber, from the extra fruits and vegetables, helps individuals lose weight, and helps to reduce certain diseases such as heart disease by lowering cholesterol.

In the documentaries *Game Changers* and *What the Health*, both discuss the health benefits of following a vegan diet. *Game Changers* discusses the story of Patrik Baboumian, the record-holding strong-man. Baboumian holds the record for front-hold, keg lift, log lift, and super yoke. Baboumian also follows a vegan diet, although he did not always do so. In the documentary he discusses how when he ate meat, he was not able to get stronger, no matter how hard he tried. Then, after he switched to a vegan diet, he was able to gain more muscle mass and thus made him able to hold his various world records. He also talks about how his diet is the advantage he holds over other people; he is so much stronger because he cares about his diet.

Another person from *Game Changers* is Australian runner Morgan Mitchell, a two-time 400 meter sprinting champion who represented Australia at the 2016 Summer Olympics. Mitchell is also vegan, and discusses how making the switch has allowed her to compete at such competitive races and win.

According to the documentary *What the Health* “... The World Health Organization report has classified bacon and sausage as carcinogenic to humans.” This goes the same as other processed meats such as lunch meats, hot dogs, etc. Meaning, the same chemicals and toxins found in cigarettes are also found in these meats.

Conclusion

People have views about vegans that will forever be projections of their own psyche. The vegan is hated for disrupting the social standard that comes with eating in groups of people, suggesting that disrupting these patterns leads to being outcast and judged. The studies in my writing have shown that when people go against the norm, they are labeled “annoying” and “obnoxious,” when in reality they are just eating differently than what has been normalized. People’s morals are challenged by vegans, and this is why they get so defensive against them.

There are also a lot of identity intersectionalities that come with being vegan. When someone blatantly ignores the background of veganism and shuts out other cultures besides white-Americanized veganism, this is known as a white vegan. This is oftentimes a thin, white, rich, able-bodied person who ignores the presence of minority people in vegan and non-vegan spaces. Creating an open and welcoming space for all people who are vegan is important because this allows for less marketing of the movement and more genuine support.

Along with the social and political sides of veganism, there's the environmental and health politics that come along with the lifestyle. The meat industry is extremely harmful to the planet and contributes to deforestation and global warming. There are also studies that suggest that meat is harmful to our bodies and overall health. Time and time again, these studies have shown that the healthiest diet for our bodies is a vegan diet. This is shown by the world’s strongest man who demonstrated that he could not gain more muscle mass by eating meat. It is also shown through testing of various meats that show there are chemicals that are harmful to our bodies in the meat we are eating.

Annotated Bibliography

Carrington, Damian. **“Eating Less Meat Essential to Curb Climate Change, Says Report.”** *Eating Less Meat Essential to Curb Climate Change, Says Report*, United Nations University, 5 Jan. 2014, <https://ourworld.unu.edu/en/eating-less-meat-essential-to-curb-climate-change-says-report>.

Greenebaum, Jessica, and Brandon Dexter. **“Vegan Men and Hybrid Masculinity.”** *Journal of gender studies* 27.6 (2018): 637–648. Web.

The crossover between veganism and masculinity is strange because there is not much masculine vegan representation, which leads men to believe that their masculinity will be challenged if they change their diet. I thought this was important for my research because it allowed me to explore some men’s viewpoints of veganism and understand why they may choose to not partake.

Gordon, Elie. **“Reminder: The Roots of Veganism Aren't White.”** *Atmos*, 12 Mar. 2021, <https://atmos.earth/veganism-history-instagram-culture/>.

This article discusses the background of veganism and how it has become extremely white washed in the past 77 years specifically. Social media has curated this false image of how veganism is a movement created by white people, even though this has been a phenomenon for centuries.

Markowski, Kelly L, and Susan Roxburgh. **“If I Became a Vegan, My Family and Friends Would Hate Me:’ Anticipating Vegan Stigma as a Barrier to Plant-Based Diets.”** *Appetite* 135 (2019): 1–9. Web.

This article helped to further my research by showcasing the negative connotation that western people have around the vegan lifestyle. It discusses how and why people are so against the lifestyle and conducted research on why people continue to eat meat.

Osmond, Andrew. **“Jainism: A Simple Guide by Numbers.”** *SOAS Blog*, University of London, 24 Mar. 2017, <https://study.soas.ac.uk/jainism/>.

This article held a discussion of the principles of Jainism and how it relates to my research on veganism. This helps to provide background contexts of veganism.

Priyakshi Sarma, Rainforest Partnership. **“Beef Production Is Killing the Amazon Rainforest.”** *One Green Planet*, One Green Planet, 22 June 2021, <https://www.onegreenplanet.org/animalsandnature/beef-production-is-killing-the-amazon-rainforest/>.

This article helped to demonstrate further why the meat industry is bad for the planet, and how it is destroying the Amazon forest. It discusses cattle ranching, deforestation, and other important topics to include when discussing climate change. This report allows me to demonstrate the environmental effects vegan diets have on the planet. It shows that eating less meat will ultimately help to reduce climate change.

Soto, Kylie. “**White Veganism: Supremacy on a Platter.**” *The Lumberjack*, Northern Arizona University, 13 Oct. 2021, https://www.jackcentral.org/opinion/white-veganism-supremacy-on-a-platter/article_26928aaa-2c7f-11ec-b3b9-432aaf3f98ae.html.

This article also discussed what a white vegan is and how the actions of being a white vegan are harmful. The ignorance that is exhibited from white vegans goes to show there is a large amount of intersectionality in this question of the vegan identity.

The Game Changers, James Wilks, Lewis Hamilton, Joseph Pace, Netflix, 2019

This documentary dives into the concept of “eating healthy,” unlike most “pro-vegan” movies which use scare tactics, this film showcases the realities of what eating processed meats does to your body. One of the producers, James Wilks, shows the science behind why eating a vegan diet is best for your health. He travels the world and shows the different types of vegan diets that there are and how these athletes use them to their advantage. For example, the film interviews the strongest man in the world, this man eats a vegan diet and this is the reason why he is so much stronger than other body builders. When eating meat, there is no such thing as “organic,” meat comes from animals and animals are not fed high quality food and therefore the meat of the animals is not high quality. Simple as that. The bodybuilder goes on to describe how he was stuck at a certain weight-lifting-plateau and once he went vegan, he was able to

continue to grow his muscles. This is just one of the anecdotes the film shares about the benefits of a vegan diet.

I feel as though this will benefit the research into my project because the film goes into the scientific reasoning behind why the meat industry produces such low-quality food, hence why consuming meat is so bad for your health. The research from this film is going to be extremely beneficial because the film is based on scientific evidence instead of taking the audience on an emotional rollercoaster, like most animal rights films do.

Walle, Gavin Van De. “**Buddhist Diet: How It Works and What to Eat.**” *Healthline*, Healthline Media, 14 Apr. 2020, <https://www.healthline.com/nutrition/buddhist-diet>.

The discussion of buddhism and veganism need to go hand in hand, as they are one in the same. This article discusses the Buddhist diet and the rules behind it, providing background information on where veganism came from.

What The Health, Kip Andersen, Keegan Kuhn, Netflix 2017

This film explores the ideas around a vegan diet and the benefits behind it. It defines the vegan diet, discusses the health, environmental, and social benefits of going vegan.

One thing I did not like too much about this film is that it used scare tactics to scare the audience into not supporting the meat industry. This is going to be a brief mention in my research but I don't want to focus too much on it because I have personal qualms about using scare tactics to convince people of your argument. It is obviously a big part of why supporting the meat industry can be against one's morals, but I feel like scaring people into believing you is a low blow, because once the initial shock value wears off, you aren't concerned with the issue anymore.

Anyways, besides that section, I feel like the health concerns that were raised in this film will be beneficial to my research, like how someone's chronic illness was reversed after improving their diet.

Worth, Maddie. “**Environmental Effects of the Meat Industry.**”

Landhealth, Landhealth, 22 Apr. 2021,

<https://www.landhealthinstitute.org/single-post/2020/07/27/environmental-effects-of-the-meat-industry>.

This article goes into detail about the negative environmental impacts of the meat industry. It specifies exactly how much Co2 is going into the atmosphere per half pound of red meat that is produced and compares it to other industries (fruit and vegetable industries). It also talks about how much freshwater is wasted per pound of meat, as much of how much meat itself is wasted each year.

It demonstrates that the meat industry is not only harmful to our bodies, but also harmful to our planet. It gives recent research on the statistics of how much carbon emissions are let off per half pound of meat produced. It also goes into detail about how much is wasted and how harmful this wasted food is to our planet.

Wrenn, Corey Lee. “**Fat Vegan Politics: A Survey of Fat Vegan Activists’ Online Experiences with Social Movement Sizeism.**” *Fat studies* 6.1 (2017): 90–102. Web.

I learned a lot about thin privilege and how people view fat people as “less vegan” due to their body, and I felt as though this was an important topic to cover in my research because there is no right or wrong way to be vegan (unless you're consuming animal products) and shaming people on their body is not fair and needs further attention and discussion.

Wrenn, Corey. **“Trump Veganism: A Political Survey of American Vegans in the Era of Identity Politics.”** *Societies (Basel, Switzerland)* 7.4 (2017): 32–. Web.

This article assessed the relationship between people’s diets and their political viewpoints. It allowed the reader to explore the different types of diets people follow and their reasonings behind it. It gathered this information based on a survey they conducted.

Zoledziowski, Anya. **“Dear White Vegans, Stop Appropriating Food.”** *VICE*, 13 Aug. 2020, <https://www.vice.com/en/article/bv833z/dear-white-vegans-stop-appropriating-food>.

This article discusses what the white vegan is and the problems white vegans are causing for people of color. I felt it was important to have this coverage in my research because veganism will always have intersectionalities and it is important to always discuss them.