

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

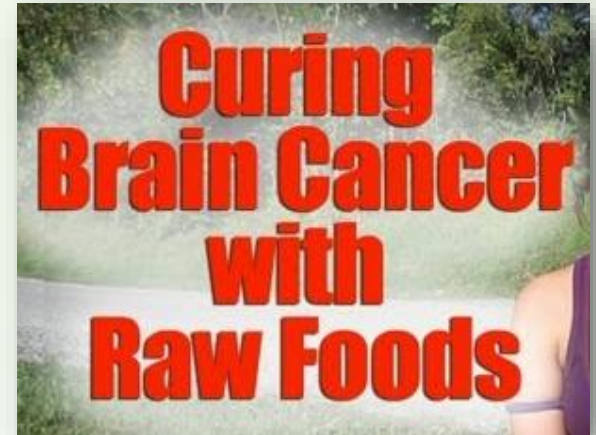
**Vegans may have lower
risk for cancer**

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?

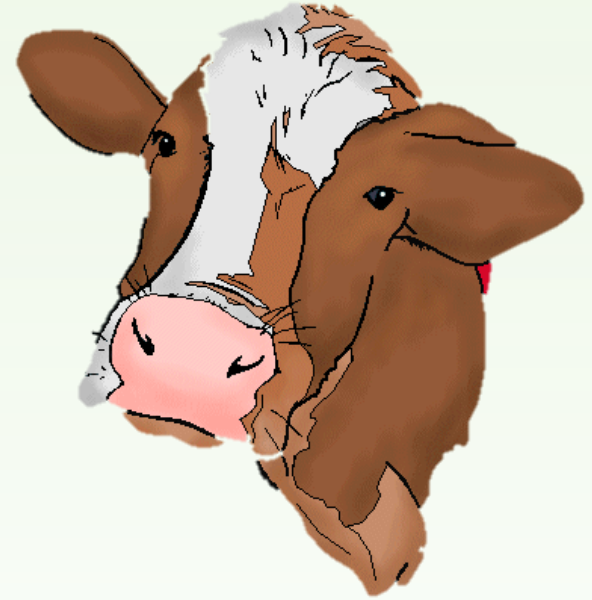
**Gives us a sense of control
over our health**

**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

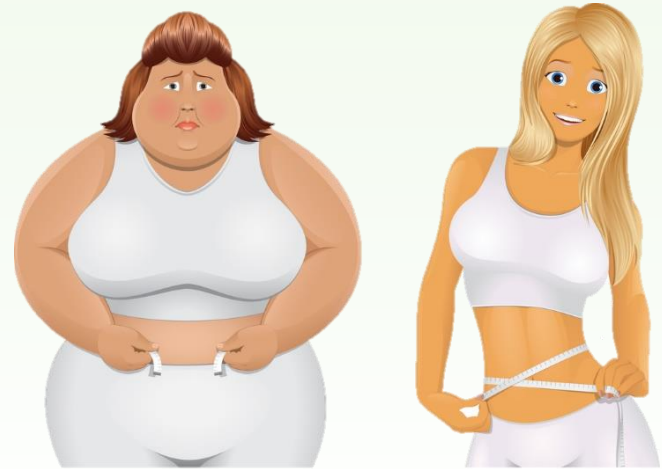
Ignoring other aspects of a healthy lifestyle

Consequences of Vegan Sense of Invincibility

Disease shaming

Body shaming

Food shaming



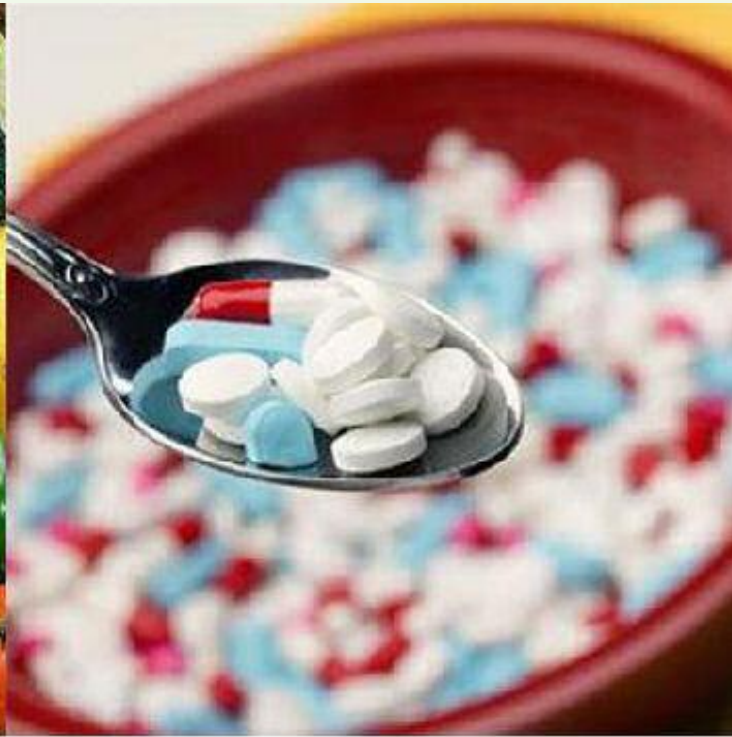
Disease Shaming

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

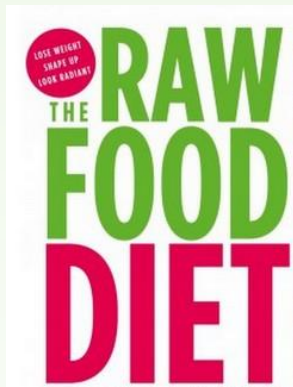
False

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

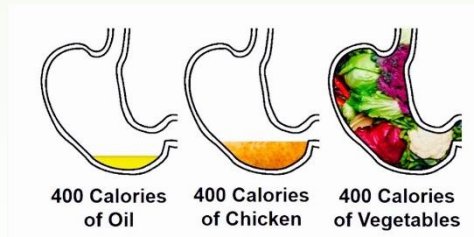
People with high BMI who are sick caused their illness

The *Miracle* Vegan Weight Loss Diet??

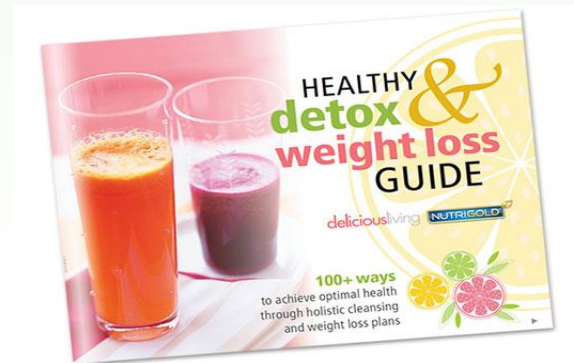
NO oil
whole foods
plant-based

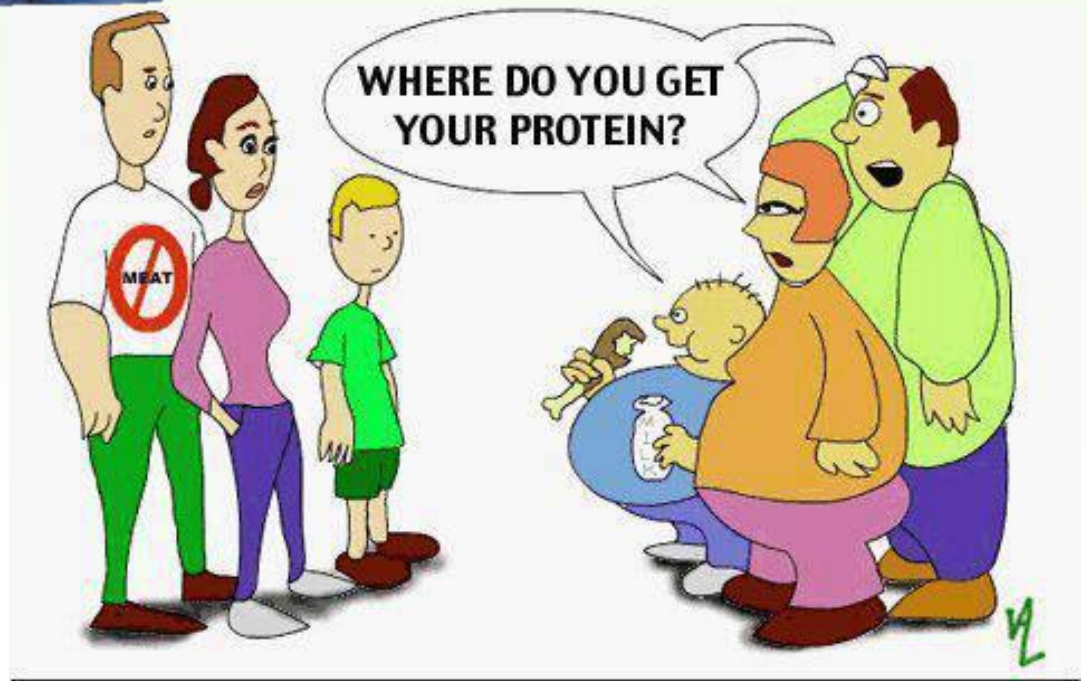


*Starch Based
Vegan*



Caloric Density







[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

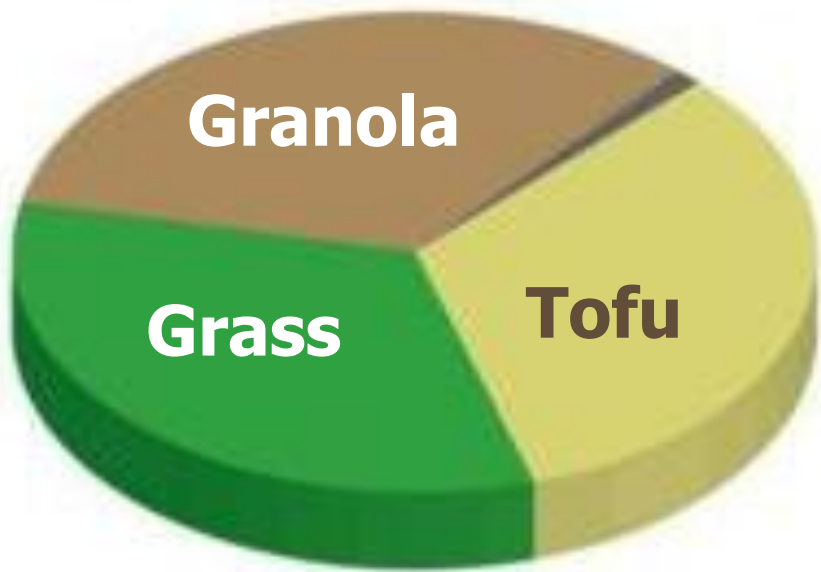
Food Shaming



**Not doing
veganism "right"**

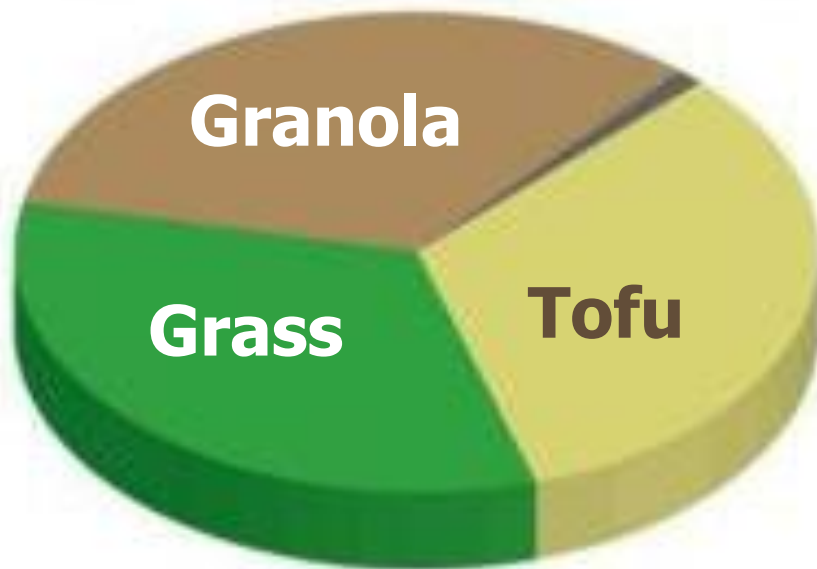


What people think vegans eat



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* | stir-fry* | mashed potatoes |
| brownies* | noodles | strawberries | melons |
| Brussels sprouts | onion rings | sushi* | Mexican food* |
| buffalo wings* | oranges | sweet potato fries | nachos* |
| burgers* | paelia* | tabouli | noodles |
| burritos* | pasta | tacos* | onion rings |
| cake* | peaches | tempeh | oranges |
| carrots | peanut butter | Thai food* | paelia* |
| celery | peas | Tofurky | pasta |
| cheese steak sandwich* | 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 | | potato skins* |
| | | *vegan version | potatoes |
| | | | pumpkin |

I Can't Believe It's Vegan!



Vegan Junk Food ?



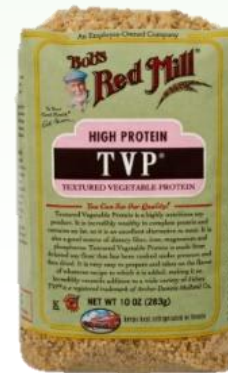
A False Dichotomy

**Whole Foods
Plant-Based**

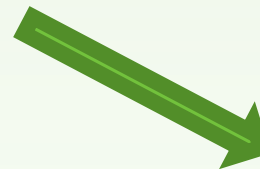


**Junk-Food
Vegan**

Staples of Traditional Healthy Plant-Based Diets



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



**Reverse
Plaque**



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**

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



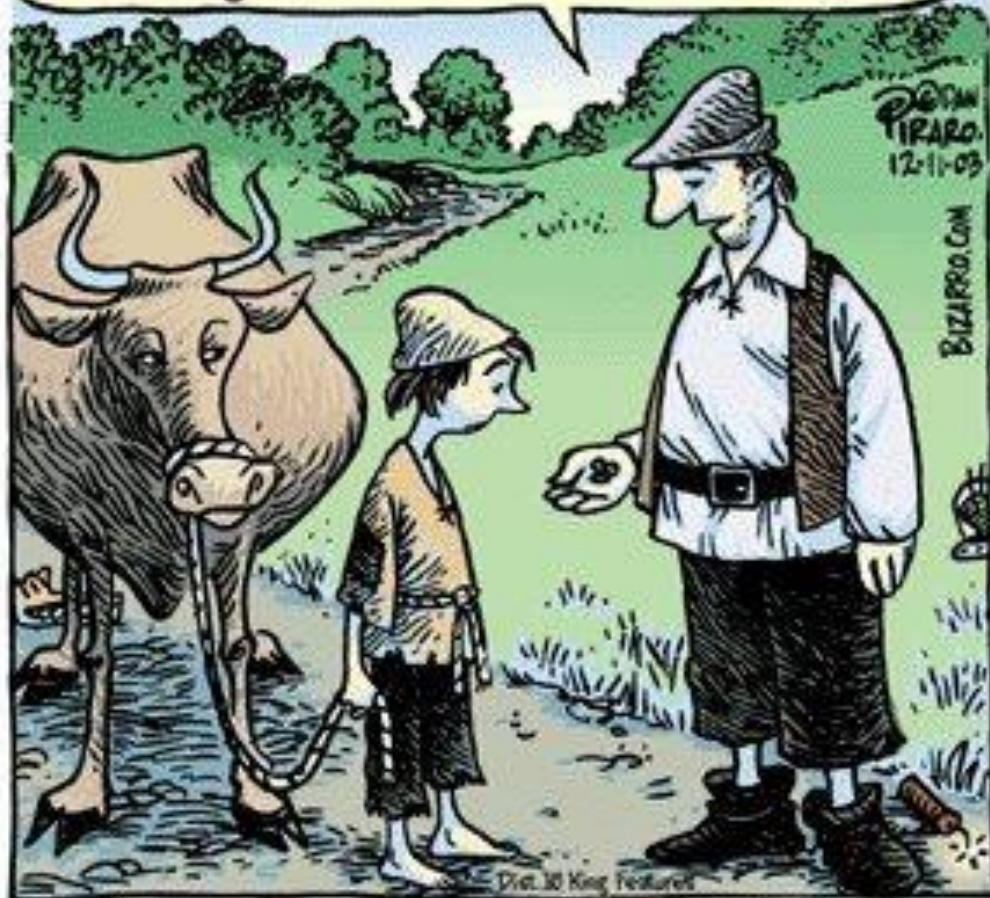
Improves Cardiovascular Health
Eliminates all dietary cholesterol
Lowers high blood pressure
Weapon against Type 2 Diabetes
Stops the progress of Prostate Cancer
Reduce your chances of Colon Cancer
Reduce your chances of Breast Cancer
Prevents age-related Macular degeneration
Prevents cataracts
Alleviates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

