

Nutrition Information

Nutritionfacts.org: <http://nutritionfacts.org/>
The Position Paper of the American Dietetic Association:
http://www.vrg.org/nutrition/2009_ADA_position_paper.pdf
The Vegan RD: www.theveganrd.com
Five Major Poisons Inherent in Animal Proteins:
<http://drmcDougall.com/misc/2010nl/jan/poison.htm>
The Starch Solution by John McDougal MD:
<http://www.youtube.com/watch?v=4XVf36nraw&feature=related>
Prevent and Reverse Heart Disease by Caldwell Esselstyn MD
www.heartattackproof.com/
The China Study and Whole by T. Collin Campbell
www.plantbasednutrition.org
The Food Revolution John Robbins www.foodrevolution.org/
Dr. Barnard's Program for Reversing Diabetes Neal Barnard MD
www.pcrn.org/health/diabetes/
The Multiple Sclerosis Diet Book by Roy Laver Swank MD, PhD
John McDougal's Health & Medical Center: www.drmcDougall.com
Mad Cowboy by Howard Lyman www.madcowboy.com
What Every Vegan Needs to Know About Vegan Diet:
<http://thevegantruth.blogspot.co.nz/2014/06/what-every-vegan-needs-to-know-about.html>

Advocacy Support

Abolitionist Approach: <http://www.abolitionistapproach.com/>
Animal Activism: <http://www.animalactivism.ca/>
[section=2&PHPSESSID=2be1666d9fed8657c8f7c5d825d807](http://www.animalactivism.ca/section=2&PHPSESSID=2be1666d9fed8657c8f7c5d825d807)
Carnist Action Network: <http://www.carnism.com/>
Countering Claims Against Vegan Diets:
<http://www.theveganrd.com/2014/04/paleo-advocates-get-vegan-diets-and-saturated-fat-wrong-2.html>
<http://www.theveganrd.com/2011/11/countering-claims-against-vegan-diets.html>
<http://www.wedge.coop/newsletter/august-september-2011/vegan-diets>
<http://www.theveganrd.com/2010/09/review-of-the-vegetarian-myth.html>
Culture and Animals Foundation: www.cultureandanimals.org
Farm Kind: <http://www.farmkind.org/>
Feminist Vegan Agitator: <http://veganfeministagitator.blogspot.com/>
FFH <http://freefromharm.org/tag/most-common-objections-to-being-vegan/>
Four Feet Forward: <http://www.fourfeetforward.org/>
Global Vegan Registry: <https://www.facebook.com/groups/711149255575582/>
History of Veganism: <http://www.candidhominid.com/p/vegan-history.html>
Humane Research Council: <http://www.humanerresearch.org/>
Humans Natural Plant Eaters: <http://michaelbluejay.com/veg/natural.html>
Indigenous veganism: Feminist Natives do eat tofu by Margaret Robinson
<http://www.thescavenger.net/animals/indigenous-veganism-feminist-natives-do-eat-tofu-237794-504.html>
One Green Planet: <http://www.onegreenplanet.org/>
Our Hen House: <http://www.ourhenhouse.org/>
Pro Vegan: https://www.facebook.com/groups/veganprofessionalnetwork/?ref=br_tf
Primitive Nutrition (Debunking Denise Minger and the Paleo Crowd)
<http://www.youtube.com/watch?v=egqf7k5Lzhk>
The Sexual Politics of Meat by Carol Adams:
<http://www.youtube.com/watch?v=kU2VkrpXSUo&feature=related>
The World Orchard Project: <http://www.all-creatures.org/wo/core.html>
Veg Fund: <http://www.vegfund.org/>
Vegan Business Guide: <http://www.VeganBusinessGuide.com>
Vegan Mainstream: <http://www.veganmainstream.com/>
WEEAC: www.WEEAC.com
Why We Don't Eat Animals: <http://wedonteatanimals.com/>
Why We Love Dogs, Eat Pigs and Wear Cows by Melanie Joy:
<http://www.youtube.com/watch?v=mjzpKxBer7I>
Wrong Direction: <http://animalrightsruminations.blogspot.com/2012/06/wrong-direction.html>

Vegan Blogs

AngiePalmer: <http://angiepalmer.wordpress.com/>
Colin Donoghue: <http://colindonoghue.wordpress.com/>
James McWilliams: <http://james-mcwilliams.com/>
General Vegans:
Human Non-human Relations: <http://human-nonhuman.blogspot.com>
Paleo Veganology: <http://paleovegan.blogspot.com/>
Say What Michael Pollan: <http://saywhatmichaelpollan.wordpress.com/>
Skeptical Vegan: <http://skepticalvegan.wordpress.com/>
The Busy Vegan: <http://thevegancommunicator.wordpress.com/>
The Rational Vegan: <http://therationalvegan.blogspot.com/>
The Vegan Truth: <http://thevegantruth.blogspot.com/>
Vegansaurus: <http://vegansaurus.com/>
Vegan Skeptic: <http://veganskeptic.blogspot.com/>
Vegan Scientist: <http://www.veganscientist.com/>

Vegan EATS:
Compassionate Cook: <http://www.compassionatecook.com/>
Post-Punk Kitchen: <http://www.theppk.com/>
OhSheGlow: <http://ohsheglows.com/categories/recipes-2/>
Ordinary Vegan: <http://www.ordinaryvegan.net/>
Raw on \$10 or less: <http://www.rawon10.com/>
The Gluten Free Vegan: <http://www.theglutenfreevegan.com/>
The Joy of Vegan Baking: <http://www.joyofveganbaking.com>
The Vegan Stoner: <http://theveganstoner.blogspot.com/>
Thug Kitchen: <http://thugkitchen.com/>
Veg Web: vegweb.com
Vegan Crunk (Southern cooking): <http://vegancrunk.blogspot.com>
Vegan Dad: <http://vegandad.blogspot.com/>
Vegans Eat What?: www.veganseatwhat.com
Will Travel for Vegan Food: <http://www.wtfveganfood.com>

Facebook? Pick your interest and there is a group/page: Veganic Farming, Vegan Singles, Vegan Dogs, Vegan Cats, Vegan Influencers and Debators, Vegan Parenting, Vegan Humor, Vegan State (Your state, city or country), Vegan Teen Support, Vegan Veterans, Vegans with MS, Vegan Doctors, Vegan Lawyers, Long Term Vegans, Raw Vegans, Vegan Sanctuary, Vegan Influencers Debators, Vegan Scientific Facts.



Get Connected

When they ask;
"How did you hear about us"
tell them;
"300 Vegans!"

300 Vegans &
The Vegan Connection
are projects of VeganShift.org

DENVER AREA

VEGAN

COMMUNITY

RESOURCES

Mostly Local & Regional, Some National & International



Image credit: Nonviolence United



Why and How Vegan Resources

Local Vegan Support

300 Vegans Colorado: <https://www.facebook.com/300VegansCo>
A Vegan Life: [Meetup.com/AVeganLife/](https://www.meetup.com/AVeganLife/)
Denver Vegans: [Meetup.com/Denver-Vegans](https://www.meetup.com/Denver-Vegans)
Denver Healthy Vegan Cooking Classes:
[Meetup.com/Denver-Healthy-Vegan-Cooking-Classes/](https://www.meetup.com/Denver-Healthy-Vegan-Cooking-Classes/)
Vegan Coloradial.com: [VeganColoradial.com](https://www.vegancoloradial.com)
The Vegan Boulder and Beyond Meet-Up Group:
<http://www.meetup.com/colorovegans/>

The Colorado Springs Vegan & Vegetarian Group:
www.facebook.com/ColoradoSpringsVeganVegetarianGroup
Vegan Colorado: <https://www.facebook.com/groups/VeganColorado/>
Vegan Life Colorado: <https://www.facebook.com/VeganLifeColorado>

General Vegan Support

The Vegan Kit: <http://vegankit.com/>
AELLA: <http://aella.org/>
Abolitionist Vegan Society: www.abolitionistvegansociety.org
American Vegan Society: www.americanvegan.org
Animal Rights Zone: <https://www.facebook.com/groups/arzone/>
Dimensión Vegana (Spanish): <http://www.dimensionvegana.com/>
Direct Action Everywhere: <http://directactioneverywhere.com/>
Evolve Campaigns: <http://evolvecampaigns.org.uk/evolve/default.aspx>
Finding Vegan: <http://www.findingvegan.com>
The Informed Vegan: www.facebook.com/theinformedvegan
The Vegan RD: www.theveganrd.com
The Vegan Society: www.vegansociety.com
TVT Article: Worldwide Vegan Advocates:
<http://thevegantruth.blogspot.co.nz/2013/05/a-special-feature-worldwide-vegan.html>
Vegan Bodybuilding & Fitness: www.veganbodybuilding.com
Vegan Cuts: <http://www.vegancuts.com/>
Vegan Directory: <http://vegansdirectory.com/>
Vegan Humor: <https://www.facebook.com/groups/vegan.humor/>
Vegan Information Project: www.theveganinformationproject.org
Vegan Meme: <https://www.facebook.com/pages/Vegan-Meme/114329428741346>
Vegan Muscle & Fitness: www.veganmuscleandfitness.com
Vegan Publishers: www.veganpublishers.com
Vegan Shift: <http://www.veganshift.org>
Vegania Nation (online community): www.veganianation.com
Veganic Farming: <http://www.goveganic.net/article96.html>
Vegtalk: <http://www.vegtalk.org/>
VegGuide: www.vegguide.org/ (Dining out)
Veg News: www.vegnews.com

Local Vegan Businesses/Charities

42u: 42u.com
Animal Action Network: www.AnimalActionNetwork.org
Kvm-switches-online.com: kvm-switches-online.com
Peaceful Prairie Sactuary: <http://www.peacefulprairie.org/>
Ralory: ralory.com
Server-rack Online: server-rack-online.com
Vegan Life Colorado: <https://www.VeganLifeColorado.org>
Vegans Eat What?: VegansEatWhat.com

Vegan Grocer:
Nooch Vegan Market: <http://noochveganmarket.tumblr.com/>

Vegan Restaurants:
Native Foods 6805 Colorad Blvd Glendale
Native Foods 1675 29th St, Suite 1272 Boulder
Nectar House 1947 S Broadway, Denver (Raw, Vegan)
Water Course Foods 837 E. 17th Ave, Denver

Vegan Friendly Restaurant (Serves some animal products):
Beet Box Bakery & Cafe 1030 E 22nd Ave, Denver

Vegan Conferences and National Events:

300 Vegans Events: <http://tinyurl.com/nlt5jmr>
Vegfest Colorado 5-6 July 2014 CO: VegfestColorado.org
Vegetarian Summerfest 2-6 July 2014 PA.
<http://vegetariansummerfest.org/>
FARM Animal Rights Conference LA July 10-13th 2014:
www.arconference.org
Veggie Pride Parades: veggiepride.com
World Vegan Summit Mar 20-22, 2015:
<http://worldvegansummit.com/>

Crucial Viewing & Reading

Videos

A Life Connected: www.veganvideo.org
Animal Rights: <http://www.abolitionistapproach.com/video/>
Do You Want to Make History?: <http://tinyurl.com/cqIrkft>
Damian Mander: <http://www.youtube.com/watch?v=9FCsyK4aRXQ>
Earthlings: http://earthlings.com/?page_id=32
Forks Over Knives: <http://www.forksoverknives.com/>
Making the Connection: <http://vimeo.com/15849273>
Meat the Truth: <http://www.meatthetruth.nl/index.html>
The Witness:
http://www.tribeofheart.org/sr/sr_witscreeningroom_english.htm
Peaceable Kingdom: <http://vimeo.com/2913942>
Phillip Wollen: <http://www.youtube.com/watch?v=uQCe4qEexjc>
Speciesism the Movie: <http://vimeo.com/ondemand/speciesism>
Vegucated: http://www.youtube.com/watch?v=GKzngI_byMY

Reading

The Cambridge Declaration of Consciousness:
<http://fcmconference.org/img/CambridgeDeclarationOnConsciousness.pdf>
Eating Animals Overcoming our most Common Justifications:
<http://freefromharm.org/eating-animals-addressing-our-most-common-justifications/>
Letter from a Vegan World by Joanna Lucas:
<http://www.peacefulprairie.org/letter.html>
PCIAFP Report Putting Meat on the Table:
http://www.ncifap.org/_images/PCIFAPSmry.pdf
The Politics of Extinction by Captain Paul Watson:
<http://www.eco-action.org/dt/beerswil.html>
Treatise for a Vegan Shift (DRAFT) by Eriyah Flynn:
<https://www.facebook.com/notes/eriyah-flynn/treatise-for-a-vegan-shift-draft/51022483289>
UN Food and Agriculture Report Livestock's Long Shadow:
<http://www.fao.org/docrep/010/a0701e/a0701e00.HTM>
Vegan but Not an Activist? Sure. Animal Lover but Not A Vegan? Nope: <http://tinyurl.com/5soenro>
World Peace Diet by Will Tuttle
WWI Report Livestock and Climate Change:
<http://www.worldwatch.org/files/pdf/Livestock%20and%20Climate%20Change.pdf>

Phone Apps

Happy Cow: <http://www.happycow.net/>
Is It Vegan: isitvegan.net/
Go Vegan: www.goveganapp.com/



