

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=4XYf36nrw&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

Animal Activism: <http://www.animalactivism.ca/?section=2&PHPSESSID=2be1666d9f1ed8657c8f27c5d825d807>
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/pl/vegan-history.html>
Humane Research Council: <http://www.humaneresearch.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>
ML: <http://legacyofpythagoras.wordpress.com/2014/04/10/master-list-of-vegan-info/>
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 (Recipes):
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 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

INDIANAPOLIS

VEGAN

COMMUNITY

RESOURCES

Mostly Local & Regional, Some National & International



Image credit: Nonviolence United



Why and How Vegan Resources

Local Vegan Support

Vegan Indiana

<https://www.facebook.com/groups/VeganIndiana/>

Indianapolis Veggie Meetup Group

<http://www.meetup.com/indyveggie/>

Indianapolis Vegetarian and Vegan Meetup Facebook

<https://www.facebook.com/groups/IndyVeggie/>

Indianapolis Vegetarian Society

<http://www.indyvegssociety.org/>

Indianapolis Veg Singles

<https://www.facebook.com/groups/IndianapolisVegSingles/>

Local Vegan Businesses/Charities

Three Carrots <http://threecarrots.wordpress.com/>

Killer Tofu Catering <http://killertofuindy.com/>

Ezra's Enlightened Café *some items contain honey

<http://ezrasenlightenedcafe.com>

Indiana Animal Rights Alliance

<http://www.INanimalrights.org/>

Uplands PEAK Sanctuary

<http://uplandspeaksanctuary.org/>

Local Vegan Blogs

Indy Vegan Family <http://www.indyveganfamily.com/>

Vegan Conferences and National Events:

300 Vegans Events: <http://tinyurl.com/nlt5jmr>

Indy Veg Fest Aug 23rd 2014:

<http://indyvegfest.brownpapertickets.com/>

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

Vegan Shift Events: <http://www.veganshift.org/events>

World Vegan Summit Mar 20-22, 2015:

<http://worldvegansummit.com/>

General Vegan Support

Abolitionist Vegan Society: www.abolitionistvegansociety.org

Abolitionist Approach: <http://www.abolitionistapproach.com/>

AELLA: <http://aella.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

The Vegan Kit: <http://vegankit.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>

Vegan Shirt: <http://www.veganshirt.com>

Vegania Nation (online community): www.veganianation.com

Veganic Farming: <http://www.goveganic.net/article96.html>

Vegtalk: www.vegtalk.org/

VegGuide: www.vegguide.org/ (Dining out)

Veg News: www.Vegnews.com

Crucial Viewing & Reading

Videos

A Life Connected: www.veganvideo.org

Ask Your Doctor About Meat: https://www.youtube.com/watch?v=k_84tZvU64

Animal Rights: <http://www.abolitionistapproach.com/video/>

Cowspiracy: <http://www.cowspiracy.com/>

Do You Want to Make History?: <http://tinyurl.com/cqlrkft>

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>

Vegan Strength: <https://www.youtube.com/watch?v=djvQICf1FyQ>

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://freedomfromharm.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 by Eriyah Flynn:

<http://www.veganshift.org/media/treaties-for-a-vegan-shift>

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/

