

## 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](http://www.vrg.org/nutrition/2009_ADA_position_paper.pdf)  
The Vegan RD: [www.theveganrd.com](http://www.theveganrd.com)  
Five Major Poisons Inherent in Animal Proteins:  
<http://drmcDougall.com/misc/2010n1jan/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/](http://www.heartattackproof.com/)  
The China Study and Whole by T. Collin Campbell  
[www.plantbasednutrition.org](http://www.plantbasednutrition.org)  
The Food Revolution John Robbins [www.foodrevolution.org/](http://www.foodrevolution.org/)  
Dr. Barnard's Program for Reversing Diabetes Neal Barnard MD  
[www.pcrn.org/health/diabetes/](http://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](http://www.drmcDougall.com)  
Mad Cowboy by Howard Lyman [www.madcowboy.com](http://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=2be1666d9fed8657c8f27c5d825d807](http://www.animalactivism.ca/section=2&PHPSESSID=2be1666d9fed8657c8f27c5d825d807)  
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](http://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.humanererearch.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](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](http://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/>  
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://veganskaptic.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](http://vegweb.com)  
Vegan Crunk (Southern cooking): <http://vegancrunk.blogspot.com>  
Vegan Dad: <http://vegandad.blogspot.com/>  
Vegans Eat What?: [www.veganseatwhat.com](http://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

## LOUISIANA (NOLA)

## VEGAN

## COMMUNITY

## RESOURCES

Mostly Local & Regional, Some National & International



Image credit: Nonviolence United



# Why and How Vegan Resources

## Local Vegan Support

300 Vegans Louisiana: [www.facebook.com/300VegansLouisiana](http://www.facebook.com/300VegansLouisiana)  
Vegan Louisiana: <https://www.facebook.com/groups/VeganLouisiana/>  
New Orleans Plant-Based Nutrition Potluck: [www.meetup.com/New-Orleans-Plant-based-nutrition-Meetup/](http://www.meetup.com/New-Orleans-Plant-based-nutrition-Meetup/)  
Vegan New Orleans: [www.veganneworleans.com](http://www.veganneworleans.com)  
NOLA VEGAN Meetup : <http://www.meetup.com/vegetarian-515>  
New Orleans Veggie Fest: [www.nolaveggiefest.com](http://www.nolaveggiefest.com)

## Local Vegan Businesses/Charities

GreenHeart: Products of Peace:  
[www.facebook.com/GreenheartProductsOfPeace](http://www.facebook.com/GreenheartProductsOfPeace)

## Restaurants:

3 Potato 4: <http://www.3p4shop.com>  
Bhava: <http://bhavanola.com>  
NOLA Roots Produce: <http://www.reggaerootscafe.com>  
Raw Republic: <http://www.rawrepublicjuice.com>  
Seed: <http://seedyourhealth.com>  
Superfood Bar: <http://superfoodbar.wix.com/nola>  
The Peace Baker: <http://thepeacebaker.com>  
The Wandering Buddha: <http://thewanderingbuddha.com>

## Local Blogger:

New Orleans in Green: [www.neworleansingreen.blogspot.com](http://www.neworleansingreen.blogspot.com)

## General Vegan Support

The Vegan Kit: <http://vegankit.com/>  
AELLA: <http://aella.org/>  
Abolitionist Vegan Society: [www.abolitionistvegansociety.org](http://www.abolitionistvegansociety.org)  
American Vegan Society: [www.americanvegan.org](http://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](http://www.facebook.com/theinformedvegan)  
The Vegan RD: [www.theveganrd.com](http://www.theveganrd.com)  
The Vegan Society: [www.vegansociety.com](http://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](http://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](http://www.theveganinformationproject.org)  
Vegan Meme: <https://www.facebook.com/pages/Vegan-Meme/114329428741346>  
Vegan Muscle & Fitness: [www.veganmuscleandfitness.com](http://www.veganmuscleandfitness.com)  
Vegan Publishers: [www.veganpublishers.com](http://www.veganpublishers.com)  
Vegan Shift: <http://www.veganshift.org>  
Vegania Nation (online community): [www.veganianation.com](http://www.veganianation.com)  
Veganic Farming: <http://www.goveganic.net/article96.html>  
Vegtalk: [www.vegtalk.org/](http://www.vegtalk.org/)  
VegGuide: [www.vegguide.org/](http://www.vegguide.org/) (Dining out)  
Veg News: [www.Vegnews.com](http://www.Vegnews.com)

## Crucial Viewing & Reading

### Videos

A Life Connected: [www.veganvideo.org](http://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](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](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](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](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/](http://isitvegan.net/)  
Go Vegan: [www.goveganapp.com/](http://www.goveganapp.com/)



