

How can one make a complete meal for  
a puppy and still be sustainable , healthy  
and compassionate

# Providing a Plant –based meal for your puppy

Margo Roman, DVM, CVA, COT, CPT  
[www.mashvet.com](http://www.mashvet.com)  
Hopkinton, MA 01748

▲ Raising healthy family members and helping to save our environment





Keeping the pups  
nursing for as long  
as they can to  
give them their  
mothers micro  
biome and other  
immune protection



Having the mother keeping them clean and she ingests their micro biome





- ▶ Waiting until they are older than 10 weeks to vaccinate with divided vaccines and keeping them separate from dogs and areas that have lots of dogs



Our pups were waiting until 12 and 16 weeks before starting single vaccine dosing for 1<sup>st</sup> parvo and then 2 weeks later for distemper then titering

- ▶ Looking for ways to reduce the environmental impact to feeding and animal suffering by doing more plant based foods





▶ Susan and Richard Pitcairn have started the conversation in their 4<sup>th</sup> edition of their book **The Natural Health of Dogs and Cats**



**Caring for All Animals**

Save lives and save our planet with healthy plant based diets for us *and* our companion animals.

Richard Pitcairn, DVM  
Susan Pitcairn

**“It’s a revolution of the heart.”**

DR. FITCAIRN'S COMPLETE GUIDE TO NATURAL HEALTH FOR DOGS & CATS

RICHARD H. FITCAIRN, DVM, PhD, AND SUSAN PITCAIRN

RICHARD H. FITCAIRN, DVM, PhD, AND SUSAN PITCAIRN

FREE Information

RICHARD H. FITCAIRN, DVM, PhD, AND SUSAN PITCAIRN

RICHARD H. FITCAIRN, DVM, PhD, AND SUSAN PITCAIRN

Finding sources that can help make plant based foods that can be balanced





# Expanding the Circle of Compassion



Founder Kim Sheridan

*Thank you for being  
part of the Circle!*

100% of our proceeds help fund  
Compassion Circle's efforts on behalf  
of animals and pay our staff  
a living wage.

Green Mush™ is an extremely potent and comprehensive array of nature's most nutritive and cleansing superfoods, grown and processed to maximize their benefits. Green Mush™ contains thousands of phytonutrients, protein, and amino acids. It is also a superb source of a wide spectrum of trace minerals and a plethora of other complex, synergistically bound, organic nutrients that are only found in whole foods. These nutrients are exactly as they occur naturally in whole plant foods, because they are still in whole plant foods!



**Ingredients (Vegan, Wildcrafted, and 100% Pure):** Whole Leaf Barley and Wheat Grasses, Spirulina, Broken Cell Wall Chlorella, Horsetail Herb (Shavegrass), Nettle Leaf, Burdock Root, Alfalfa Leaf Juice, Dandelion Leaf Juice, Barley Grass Juice, Oat Grass Juice, Sea Vegetables (Nova Scotia Dulse and Icelandic Kelp), Carob Pod, Nopal Cactus, Plant Source Digestive Enzyme Complex, Co-enzyme Q10 (40 mg per 9.5 grams; 13.4 mg per teaspoon), Ginger Root, Probiotics

**Suggested Use:** Great for dogs, cats, rats, rabbits, guinea pigs, hamsters, mice, ferrets, squirrels, other mammals, and human animals, too! Daily serving depends upon size of animal. Examples are - Rats: 1/8 teaspoon; Rabbits, Cats,\* etc.: 1 teaspoon; Small Dogs (5-20 lbs.): 1-2 teaspoons; Large Dogs (45 lbs. or more): 1 tablespoon. \*When feeding to cats on a plant-based diet, it is best to add 1 teaspoon per day of cranberry powder to the diet to counter the alkalinity of Green Mush.™

### CHLORELLA MANNA™



**Chlorella Manna™** is rich in chlorella growth factor (CGF) and contains an abundance of vitamins, minerals, chlorophyll, beta-carotene, and other phytonutrients. This 100% Pure Broken Cell Wall Chlorella (*Chlorella vulgaris*) is grown in indoor tanks of purified water; it is bound organic. For cats and other small

True Stories of Our Best Friends journey beyond death by Kim Sheridan  
Kim Sheridan grew up with animals as her constant companions. Each time she faced the death of a beloved animal, along with the pain came the same questions, to which she could find no answers. Then, mysterious things began to happen which she could not explain.



Kim embarked upon what became an incredible journey to uncover the truth. Along with her own experiences, she compiled the extraordinary experiences of people from around the world. Kim discovered overwhelming evidence that forever erased her own doubts of an afterlife for animals.

Since its publication in 2003, *Animals and the Afterlife* has offered immense comfort and reassurance to those who have ever cherished an animal. This book might just change your perception of death...or lead you on an incredible journey of your own. It is a must have for all animal lovers!

### Vegetarian Dogs

Toward a World Without Exploitation  
by Verona ReBow & Jonathan Dune



Many people wonder if a vegetarian or vegan diet might be appropriate for their animal friends. Fortunately, your dogs can be vegetarians! *Vegetarian Dogs* provides answers and gives directions to easily purchase or prepare a healthy meal. The book will teach you about canine nutrition, ethics, exercise, and healthcare.

Available from Compassion Circle Soon...  
**Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats (4th Edition)**

by Richard H. Pitcairn, DVM, PhD and Susan Hubble Pitcairn  
For more than 30 years, Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats has been the go-to resource for animal lovers seeking natural health solutions for their pets.



*"Our task must be to free ourselves  
by widening our circle of compassion  
to embrace all living creatures and  
the whole of nature and its beauty."*

- Albert Einstein

Home of **Vegepet™**  
**Green Mush™** and more!



Compassion Circle provides the products and recipes as well.



This company has support for feeding a plant based diet

Expanding the Circle of Compassion



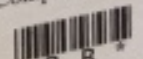
Founder Kim Sheridan

Thank you for being part of the Circle!

100% of our proceeds help fund Compassion Circle's efforts on behalf of animals and pay our staff a living wage.

Compassion Circle

P.O. Box 27740  
Las Vegas, NV 89126 • USA  
Phone: 1-800-370-PETS (7387)  
or 1-760-796-7949  
Fax: 1-760-796-7959  
Contact@CompassionCircle.com  
www.CompassionCircle.com



Compassion Circle  
**VegeYeast**  
Supplement for Cats & Dogs  
Non-GMO food yeast for B vitamins

Feeding Directions: VegeYeast™ recipes use one pound (454g) of VegeYeast per month for a 45 lb. dog (20kg), 10 lb. cat (4.5kg), or 5 lb. kitten (2.3kg). One pound of VegeYeast will last puppies longer. Use the amount indicated in Vegepup recipes for puppies. Recipes at: [www.compassioncircle.com/pets](http://www.compassioncircle.com/pets)

Guaranteed Analysis:	
Crude Protein	Min. 40.0 %
Crude Fat	Min. 3.0 %
Crude Fiber	Max. 2.0 %
Moisture	Max. 6.0 %
Calcium	Max. 0.2 %
Thiamine	Min. 380 mg/kg
Niacin	Min. 740 mg/kg
Pantoic acid	Min. 240 mg/kg

VegeYeast is a food yeast formulated for companion animals. This modified brewer's yeast is loaded with B vitamins and protein. VegeYeast is more acidic than other food yeasts and the magnesium content is roughly 30% lower. pH = 5.2-5.7

Ingredients: Brewers' Oiled Yeast

Caloric Content (calculated):  
2650 kcal/kg, 32 kcal/tablespoon

Distributed by Compassion Circle  
4750 S. Ft. Apache Rd. Ste. 306  
Las Vegas, NV 89128  
[www.CompassionCircle.com](http://www.CompassionCircle.com)  
1-800-370-PETS (7387)

Net Wt. 3 lbs. (1361 g)

Daily Serving Size	
Cat/Kitten	1 Teaspoon
10 lb. Dog	1 Teaspoon
30 lb. Dog	2 Teaspoons
60 lb. Dog	1 Tablespoon
75 lb. Dog	1-1/2 Tablespoons
90 lb. Dog	2 Tablespoons

1 Teaspoon = 3g - 1 Tablespoon = 9g

802070 13  
2/20

COMPASSION CIRCLE  
**GREEN MUSH**  
The Ultimate Nutritional Support for your Animal Companion

Version 5.0

Not A Supplement - 100% Superfood  
284 Grams - 10 Ounces

**VEGEPUP**  
SUPPLEMENT  
for Puppies & Pregnant or Lactating Dogs

Prepare Vegan Food at Home

Recipes Online at:  
[CompassionCircle.com/Vegepup](http://CompassionCircle.com/Vegepup)

Net Wt 765g (27 oz)

**VEGEPUP**  
SUPPLEMENT  
INSTRUCTIONS

Start with fresh ingredients - with no preservatives or animal products - and prepare food for your puppy or lactating dog as you do for other family members. Home-cooked meals are best!

Transition Gradually  
Mix a small amount of the new food in with the old and adjust the proportions over a period of days to a week.

Organic & Non-GMO Ingredients  
CGMO (Genetically Modified Organism) ingredients and antibiotics can cause gastrointestinal issues, food allergies, and other health problems. We use only organic ingredients and corn that is not genetically modified in the USA. Compassion Circle strongly recommends organic food for you and your animals!

Digestive Enzymes  
Almost every process in the body requires enzymes. Digestion is no different. Digestive enzymes are produced in the body and are found in plants and raw foods. These enzymes are heat sensitive, so cooking and processing food destroys natural enzymes. We recommend adding plant-derived enzymes (lipase, amylase, protease, and cellulase) to any cooked food. Amylase is a particularly important aid for the digestion of carbohydrates. The digestive enzyme product Prozyme® Plus contains the above enzymes and is available from Compassion Circle. It maximizes the absorption of nutrients by up to 71% and greatly aids digestion. Adding digestive enzymes to the diet can decrease the food requirements of your dog. 2500 A little raw food doesn't supply enough enzymes so Prozyme® Plus is the enzyme loss in cooked food.

Vegetables (8 Fruit) - YES!  
Adding vegetables (that never contain) to your puppy's food is a great idea. A variety of veggies in the diet adds few calories, but provides a variety of vitamins and minerals. While our recipes are highly processed adding veggies to make up about 10% of the diet. Add lightly steamed or raw veggies: parrot or chopped carrots, broccoli, green beans, cauliflower, squash or pumpkin, sweetpotato, turkpie, and more. Canned or parmed corn is a good



Nutritional Yeast  
 provides the B-  
 vitamins and and  
 protein

Compassion Circle

# VegeYeast

Supplement for Cats & Dogs

Non-GMO food yeast for B vitamins

Guaranteed Analysis:	
Crude Protein.....	Min. 40.0 %
Crude Fat.....	Min. 3.0 %
Crude Fiber.....	Max. 2.5 %
Moisture.....	Max. 6.0 %
Magnesium.....	Max. 0.2 %
Thiamine.....	Min. 380 mg/kg
Niacin.....	Min. 740 mg/kg
Pyridoxine.....	Min. 240 mg/kg

VegeYeast is a food yeast formulated for companion animals. This modified brewer's yeast is loaded with B vitamins and protein. VegeYeast is more acidic than other food yeast and the magnesium content is roughly 35% lower. pH = 3.2-3.7

Ingredients: Brewers Dried Yeast

Calorie Content (calculated):  
3550 kcal/kg, 32 kcal/tablespoon

Distributed by Compassion Circle  
4730 S. Ft. Apache Rd. Ste. 300  
Las Vegas, NV 89126  
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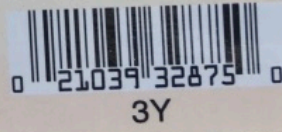
Feeding Directions: Vegepet™ recipes use one pound (454g) of VegeYeast per month for a 45 lb. dog (20kg), 10 lb. cat (4.5kg) or 5 lb. kitten (2.3kg). One pound of VegeYeast will last puppies longer. Use the amount indicated in Vegepup recipes for puppies. Recipes at: [www.compassioncircle.com/recipes](http://www.compassioncircle.com/recipes)

Daily Serving Size	
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90 lb. Dog.....	2 Tablespoons

1 Teaspoon = 3g • 1 Tablespoon = 9g



Net Wt. 3 lbs. (1361 g)

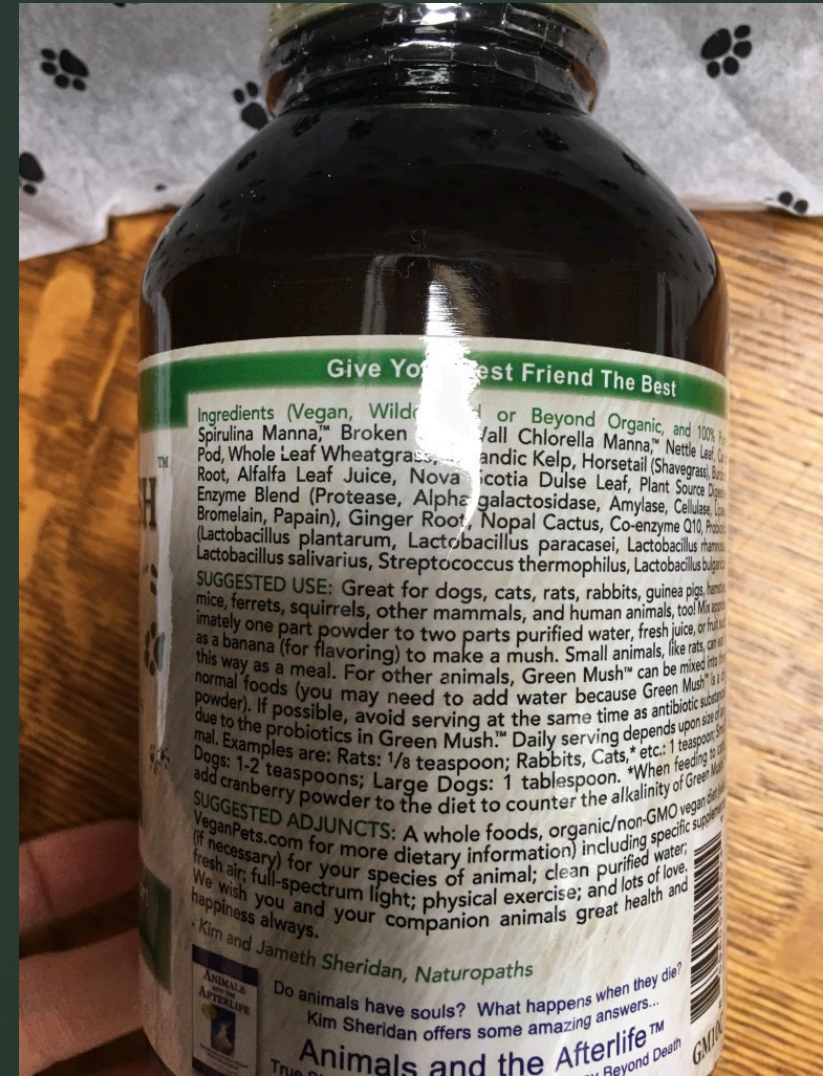


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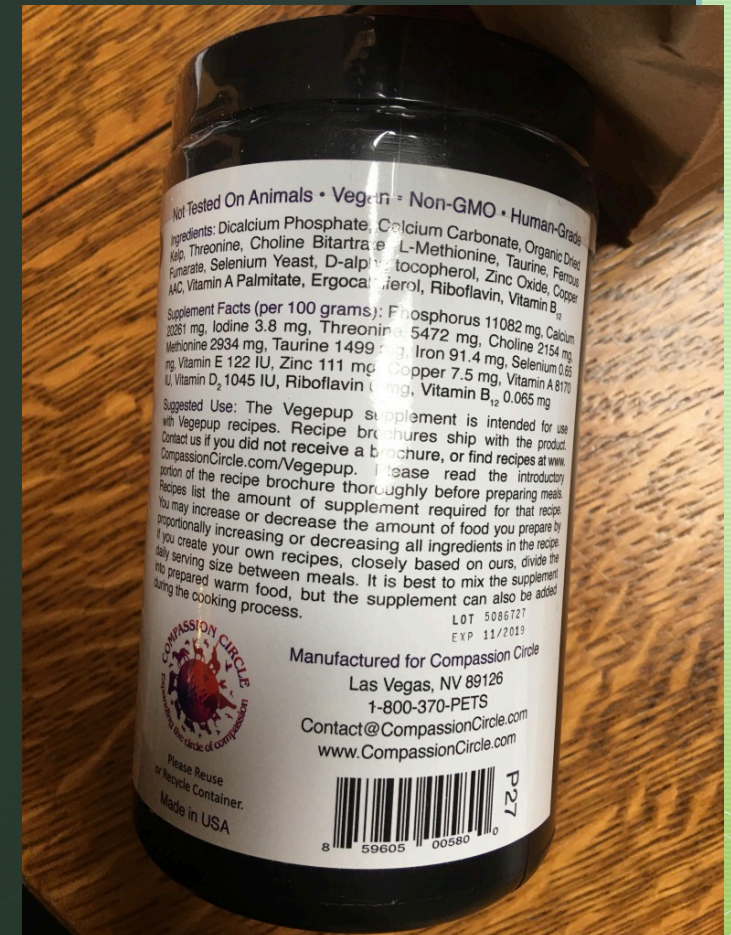


# A variety of vegetables that add phyto-nutrients





# This adds the needed minerals and amino acids and vitamins



Adding fresh raw organic goat milk  
Flax and Hemp oil  
Hemp protein and digestive enzymes





# Nupro provides kelp and amino acids



NUTRITIONAL INFORMATION		
<b>VITAMINS:</b> VITAMIN A VITAMIN D VITAMIN E VITAMIN C VITAMIN K	VITAMIN B-1 VITAMIN B-2 VITAMIN B-6 VITAMIN B-12 PANTOTHENIC ACID FOLIC ACID	PABA CHOLINE INOSITOL RUTIN BIOTIN
<b>MINERALS:</b> CALCIUM 50% MIN -1.5% MAX. MAGNESIUM PHOSPHORUS 50% MIN. POTASSIUM SODIUM 5% MIN -1.2% MAX.	ZINC COPPER MANGANESE IODINE SULPHUR	SILICA MOLYBDENUM BORON SELENIUM IRON
<b>PROTEIN (AMINO ACIDS):</b> ALANINE ARGININE ASPARTIC ACID ASPARAGINE CYSTINE CYSTEINE GLYCINE GLUTAMIC ACID	HISTIDINE HYDROXYPROLINE ISOLEUCINE LEUCINE LYSINE METHSONINE VALINE ORNITHINE	PHENYLALANINE PROLINE SERINE THREONINE GLUTAMINE TYROSINE TAURINE
<b>ENZYMES:</b> AMYLASE TRYPSIN PAPAIN	LIPASE PROTEASE BROMELAIN	PEPSIN DITASE PECTASE
<b>ESSENTIAL FATTY ACIDS:</b> ARACHIDONIC ACID LINOLENIC ACID (Omega-3)		LINOLEIC ACID (Omega-6) OLEIC ACID (Omega-9)
<b>INGREDIENTS</b> NORWEGIAN KELP, GROUND FLAXSEED, NUTRITIONAL YEAST CULTURE, DEHYDRATED LIVER, PROPRIETARY BLEND OF AMINO ACIDS AND ENZYMES, D-CALCIUM CITRATE, LECTHIN, GROUND BORAGE SEED, LACTOBACILLUS ACIDOPHILUS		
<b>GUARANTEED ANALYSIS</b> CRUDE PROTEIN NOT LESS THAN CRUDE FAT NOT LESS THAN		



To see how we make our veggie mixture  
please see slide show on  
[www.mashvet.com](http://www.mashvet.com)





# More info on feeding this type diet

Compassion Circle is dedicated to creating awareness and expanding compassion toward all beings with whom we share this planet. We support our endeavors with the sale of our own organic, cruelty-free pet products, including nutritional products of the highest quality for companion animals.

Compassion Circle is the home of the Rat Refuge and the Fish Refuge, peaceful sanctuaries for rescued rats and fishes. 100% of proceeds from our sales help fund our efforts on behalf of animals and pay our staff a living wage.

Our long-term goal is to provide cruelty-free food, free of charge, to animal shelters nationwide, thereby expanding the circle of compassion to all animals and helping no-kill shelters to become truly no-kill – not just for the animals in the shelter.

We are dedicated to helping you provide your loved ones with nutritionally complete food of the highest quality. Our values include always sourcing pure materials that best support all living things, including animals and Mother Earth!

#### OUR INGREDIENTS & PACKAGING

Compassion Circle uses the absolute purest ingredients we can obtain. Our superfood products are organic, wildcrafted, and/or sustainably harvested, whatever is best in each case. We take great care to source only gluten-free ingredients, and our ingredients are always vegan and non-GMO. We want to give you the best the Earth has to offer.

As with our ingredients, we avoid toxicity and potential health hazards in our packaging. Our long-term goal is to bottle all products in glass or molded fiber containers rather than petroleum-based plastics. We encourage you to reuse and/or recycle the containers that are not glass currently. Compassion Circle uses 100% PCW recycled kraft bags when possible. Further, our literature and labels are printed on 100% PCW recycled paper, our products are shipped in boxes made of recycled material, and our expo materials are eco-friendly. We feel strongly that the extra effort and expense is worth it, and so are your animals!

## Vegepet™ Supplements

Since 1986, Vegepet™ products have helped many thousands of caring animal caretakers change their pets' diets. Each Vegepet™ container ships with easy recipes for a variety of tasty meals, including dry kibble. Meals require the addition of food yeast (VegeYeast, nutritional yeast, or brewer's yeast).

Nutritionally complete, home prepared diets avoid the toxicity and unknowns of the pet food industry, and plant-based diets have been reported to reduce allergy associated conditions, promote healthier body weights, improve the skin and coat, increase overall youthfulness and energy, and quite possibly lead to fewer incidences of degenerative conditions like cancer, kidney and liver disease, and arthritis. Our Vegepet™ supplements are the tools you need to make your home prepared meals nutritionally complete.

### For Dogs

#### Vege-dog™ for Adult Dogs

Dogs are nutritionally omnivores without the metabolic limitations of "true" carnivores. Achieving the proper nutrient balance isn't easy, but Vege-dog™ eliminates the guesswork. Used with the accompanying recipes, you easily meet the latest dietary recommendations for adult dogs without the use of animal products. Instruction brochures provide nutritionally complete recipes for wet food, kibble, and biscuits (large kibble pieces).

Recipes online at: [compassioncircle.com/vegedog](http://compassioncircle.com/vegedog)



### Vegepup for Puppies & Mamas

Puppies and pregnant or lactating dogs require some nutrient levels to be higher than those for an adult dog. Puppies also need roughly 30% protein in the diet. For this reason, Compassion Circle introduced a new supplement for puppies under 12-months of age and pregnant or lactating dogs. Vegepup has a higher calcium and phosphorous level than Vege-dog™ and has the amino acid threonine added to enhance the amino acid profile of the diet. The supplement is safe for large breed puppies. Tool Recipes online at: [compassioncircle.com/vegepup](http://compassioncircle.com/vegepup)

### For Cats



#### Vegecat, Vegecat phi, and Vegekit™

Vegepet™ supplements for cats provide the nutrients cats require from non-animal sources, including: Taurine, Vitamin D2, Vitamin A, and the essential fatty acid arachidonate that is required for numerous vital metabolic processes. Vegecat, Vegecat phi, and Vegekit™ have been used by compassionate caretakers of numerous cats throughout the world and over many years.

Most adult cats thrive on Vegecat™ (as opposed to Vegecat phi™). Vegecat™ is the preferred product for older cats with weaker kidneys, unless they have a known urinary issue. Cats with urinary issues, including a urine pH that is too alkaline, are better served with Vegecat phi™. Vegecat phi™ contains sodium bisulfate. The formation of struvite crystals is a common cause of lower urinary tract diseases in cats. The urine acidification from sodium bisulfate can dissolve existing crystals or prevent the formation of new crystals.

Kittens up to 12-months old and lactating cats (queens) should be given Vegekit™. For convenience, adult cats may be fed Vegekit™ in households with both kittens and adults.

Cat and kitten recipes are available online under the "Recipes & Literature" tab at [CompassionCircle.com](http://CompassionCircle.com).

#### Vege Yeast

Formulated specifically for companion animals, Vege-Yeast is a modified brewer's yeast loaded with B vitamins and protein – including important B-complex, vitamins to support the nervous system and many other functions in the body. It is also an excellent natural source of chromium.



Vege-Yeast is 100 times more acidic than other food yeast and is 35% lower in magnesium. The extra acidity is valuable for both dogs and cats, and the lower magnesium content also helps prevent urinary problems in cats.

Vegepet™ recipes require about 1 pound (454 grams) of yeast per month for a 10 pound (4.5 kg) cat or a 44 pound (20 kg) dog. A 1 pound bag of VegeYeast will last a small puppy quite a bit longer than a month.

#### Prozyme Plus®

Any animal eating cooked or processed food, including humans, should have digestive enzymes in their diet.

Prozyme® Plus provides your animal with necessary digestive enzymes that are destroyed in cooking and processing. The addition of Prozyme® Plus allows greater absorption of the nutrients found in your pet's food, by up to 71%.



#### Canine Sweet Potato Treats

Our Sweet Potato Treats contain only people grade, freshly harvested, organic, cooked sweet potatoes that are air dried at low temperatures without any additives or preservatives. Sweet Potato Treats promote healthy teeth and gums. They are vegan, hypoallergenic, low fat, and low calorie.

#### Vegetarian Cats & Dogs

*Vegetarian Cats & Dogs* is authored by the nationally recognized authority on meatless diets for cats and dogs, and original formulator of the Vegepet™ products, James Peden. In the book, you will read about feeding cats and dogs a vegan diet, stories about animals thriving on cruelty-free diets, and more. Available as a CD-ROM or PDF download.



Vary the different type of grains and legumes



▶ We are going to show you what you can do to feed a healthy mainly plant based diet for your new pups





# Baking the base for the Puppy Porridge





▶ Making your organic oats adding a quality salt





Soaking beans overnight and placing a piece of Kombu to help reduce the gas and place some natural salt and phytonutrients





Soaking some chia to add in. They are some omegas in there



2 cups of cooked organic oat meal





2 full cups of sprouted organic Quinoa cooked





2 cups of sprouted then cooked beans  
green or red lentils. Red beans, garbanzo,





- ▶ Mixing the basic gruel mixture into a blender and breaking up the grains and plant proteins into a slurry



Blend it all together and if you need to put more water add it





Soaked chia seeds Add 1 table spoon  
Can add some additional filtered water



Put into the glass containers as the porridge may still be warm and allow to cool





- ▶ Pour it into glass containers and place in the refrigerator





To see how we make our veggie mixture  
please see slide show on  
[www.mashvet.com](http://www.mashvet.com)





▶ Making the mixture with the nutritional additives





Adding nutritional additives to make the food more complete

- We have added nutritional yeast
- Prozyme
- Hemp powder
- Depending on combination some Veggie pup or vitamin supplement
- Added some NUpro





Making enough for 3 meals and keeping remaining in fridge





Looking at the  
different  
nutriceuticals  
added









- ▶ Surprize the cat was eating it

One can change the oats and quinoa for millet or buckwheat, spelt, amaranth





▶ Lets look at the protein content of beans

4 oz Ground Beef	4 oz Black Beans
	
24 grams Protein 320 Calories	24 Grams Protein 120 Calories
<b>PLUS</b>	
High Acidity High Cholesterol Saturated Fat No Fiber Heterocyclic Amines	Lower Acidity No Cholesterol No Saturated Fat 9 Grams Fiber Phytonutrients

Meat has more toxins because it is cumulative. The higher on the food on the food chain, more toxic the source.

Contaminant	Shocker
1. Feces	Chickens can soak in "fecal soup" for up to an hour before being packaged for consumers.
2. Toxic Chemicals	Peracetic acid and chlorine are both commonly used to treat chicken for contaminants in poultry plants.
3. Superbugs	Nearly 75 percent of bacterially tainted chicken products harbor germs resistant to one or more types of antibiotics.
4. Carcinogens	Arsenic in chicken could lead to increased risk of lung and bladder cancer deaths.
5. Cholesterol	Both 4 ounces of beef and 4 ounces of chicken contain approximately 100 milligrams of cholesterol.



# Some scientific concerns

## CANCER STATISTICS

- 1 in 3 Americans will be diagnosed with cancer.
- Pesticides and dioxins promote cancer and can be found in every one of our fat cells.
- Americans consume about 150 micrograms of pesticides daily and animal products account for 90-95%.

As Americans, we consider all of these diseases as part of life, part of the aging process. But the fact is that most cancers and heart disease (our two biggest killers by far) can be prevented with nutrition alone!

## Look at the numbers for having meat

### SOME FACTS...

- **One billion people on our planet go to bed hungry every night. 6 million children will die this year due to starvation.**
- **It takes over 5,000 gallons of water to produce one pound of edible beef and anywhere from 20-40 gallons to produce the same amount of grain.**
- **Here is the kicker: The production of meat and dairy is expected to **DOUBLE** in the next 10 years rising from 229 million tons to 450 million tons**



# So many beliefs about what is healthy.

For us to move forward, we have to rid ourselves of 2 myths that are so pervasive in our America

1. **The belief that eating animals and dairy is a necessity for good health—when in fact it is quite the opposite.**
2. **That the diseases we acquire such as heart disease and cancer are just part of life and inevitable—when in reality, MOST of these diseases are created by ourselves are entirely preventable.**

**The healthiest foods do not contain nutritional labels.**

# There are many plant based athletes

Tom Brady  
is a plant  
based  
athlete  
and this is  
not Tom  
Brady





A quote from  
Jane Goodall  
and about the  
famous  
photographer  
Mangelson on  
60 minutes  
may 2018

- “How he started off as a hunter because that is what one did and how he gradually realized he loved these creatures too much he could not be a hunter and now he hunts with his camera.”

Not being a hunter but someone who can appreciate a life and its innocence.

- “If we could somehow identify the creatures that we eat for food as creatures that are worth a life and not just something to fulfill our palate, perhaps that same consciousness would occur that we can no longer kill innocent animals to fill our stomachs as there are so many other ways that can fill that space. And even more healthy.”



Animals with personalities and potential for more years of life not wanting to be killed





“For Over 40 years of being a veterinarian I have never seen a 1 year old animal wanting to die unless it was so badly injured or had cancer . Our food animals are all killed as young animals” Margo Roman, DVM





Compassion is what we all strive for



Painting by Susan Pitcairn

Slides form the Ivy League Vegan Association at Harvard 2017

### Nutrients in Plant vs. Animal Based Food. (Per 500 cal)

Nutrient	Plant-Based Foods*	Animal-Based Foods*
Cholesterol (mg)	0	137
Fat (g)	4	36
<u>Protein</u> (g)	33	34
Beta-Carotene (mcg)	29,919	17
<u>Dietary Fiber</u> (g)	31	0
Vitamin C (mg)	293	4
Folate (mcg)	1168	19
<u>Iron</u> (mg)	20	2
Magnesium (mg)	548	51
<u>Calcium</u> (mg)	545	252

\*Equal parts tomato, spinach, lima beans, peas, potatoes vs. equal parts beef, pork, chicken, whole milk. The China Study, Campbell, Benbella Books, 2006.



# Slides from the Ivy League Vegan Association at Harvard 2017

## Most Plant Food >11% Energy

Foods	Energy (kcal) / 100g	Protein (g)	Protein (% Energy)
Spinach	23	2.86	50%
Soybeans	172	18.21	42%
Lettuce	16	1.33	33%
Brussel sprouts	36	2.55	28%
Broccoli	35	2.38	27%
Seaweed (wakame)	45	3.03	27%
Peas	84	5.36	26%
Chickpeas	164	8.86	22%
Tomatoes	18	0.88	20%
Oats	389	16.89	17%
Green Pepper	20	0.86	17%
Quinoa	120	4.4	15%
Baked potatoes	290	7.86	11%
Corn	365	9.42	10%
Walnuts	765	17.82	9%
Banana	89	1.09	5%
Apples	52	0.26	2%

# Slides from the Ivy League Vegan Association at Harvard 2017

## Plant Sources of Omega-3 Fat

AI: 1.6 g/day for men and 1.1 g/day for women



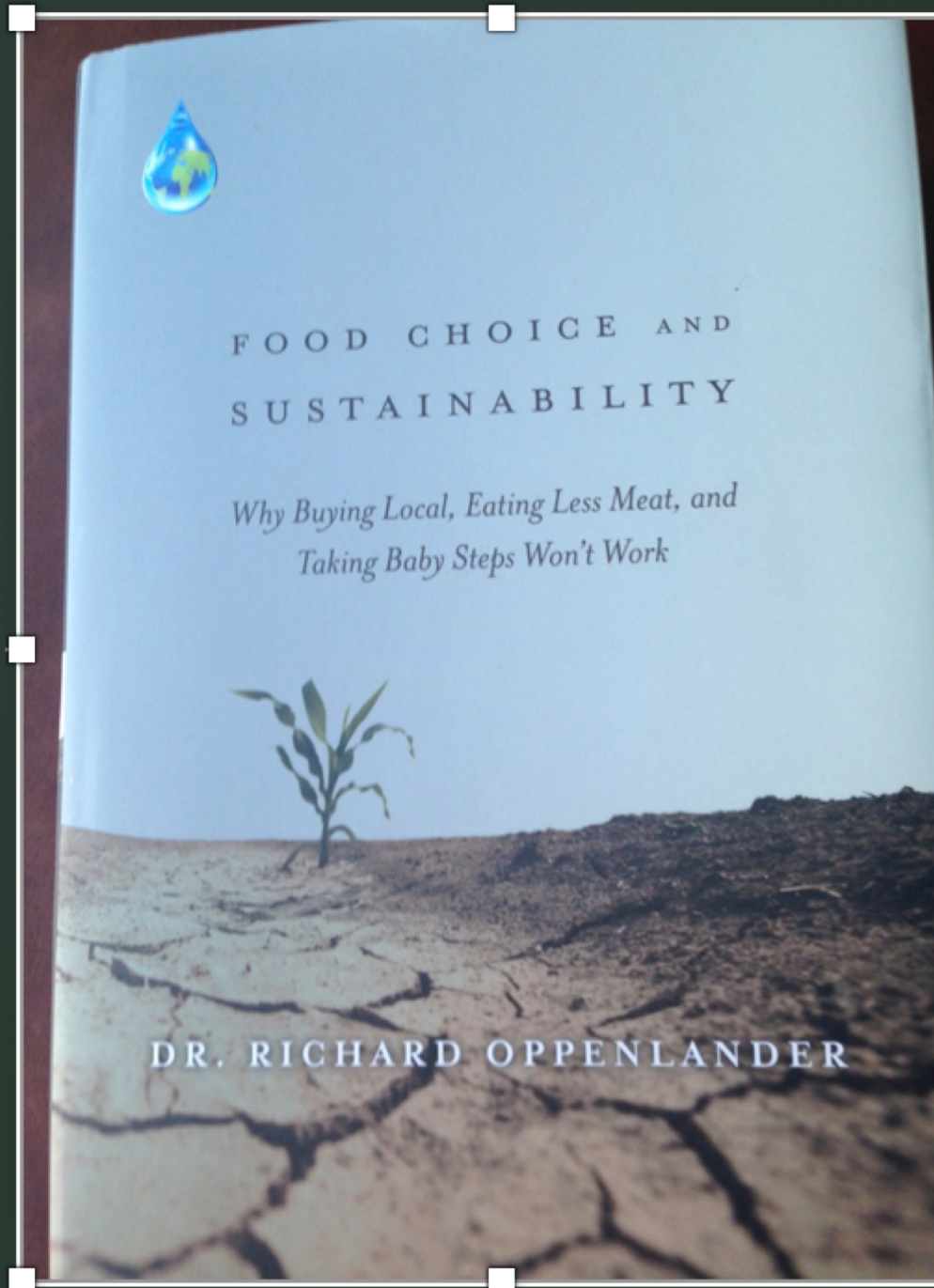
Food	ALA Omega-3 (g)
Flaxseed (1 Tbsp)	2.35
Chia seed (1 oz)	5.06
Walnuts (1 oz)	2.57
Tofu (1/2 block)	0.41
Seaweed (spirulina) (1 Tbsp)	0.06



If one took a 70 lb dog and raised the dog for 11

- ▶ years as a plant based dog here is what we would save for the meat portion alone

- the Over an 11 year lifetime, that really adds up. Her vegan diet would save a whopping:
- 8.8 million gallons of water
- 5.5 acres of rainforest
- 180+ tons of grain
- 80 tons of CO2 equivalents
- over 8,000 animals
- and enough fossil fuel to drive 365,385 miles (around Earth 15 times).



This book by  
Dr. Richard  
Oppenlander  
gives the  
research and  
facts on the  
sustainability of  
present  
agriculture



- How can we think of these little kids as food.
- ▶ As a veterinarian for 40 years I have never cared for a young animal that wanted to die



How can one make a complete meal for  
a puppy and still be sustainable , healthy  
and compassionate

# Providing a Plant –based meal for your puppy

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