

Do you care
about your
health?

Do you feel
compassion
for animals?

Are you
concerned for
the planet and
everyone who
lives on it?

Join the vegan
movement!

Changing to a vegan diet

Do you eat these?

- Fruit
- Vegetables
- Whole grains
- Nuts and nut butters
- Seeds
- Beans, peas, lentils
- Plant oil and margarine

These are all vegan foods!

To substitute for dairy, use plant products such as soy, almond, or cashew milk, plant-based cheese, soy sour cream and soy cream cheese. There are many transitional products to take the place of meat, poultry, fish and eggs until you identify other foods and recipes to your liking. Most people who change from a meat-based diet to a plant-based diet find that a whole, new, delicious world of eating and cooking opens to them.

There are many people who would be happy to assist you in becoming vegan. Just ask us!



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Vegan Community of Eastern Iowa

For people,
the animals,
and the planet

