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## Reasons to be Veg

1. Feeling super peppy, all the time.
2. Never having to wear leather pants.
3. Larabars.
4. Lowered chances of contracting animal-borne diseases.
5. Planning veg vacations.
6. Never having to eat Spam.
7. Compassion tastes great!
8. The joy and triumph when “veganizing” a recipe.
9. Chinese-style mushroom buns.
10. Eggless French toast rocks!
11. Making vegan mochaccino-soy-nog-chocolate-chip cakes!
12. Vegan marshmallows.
13. Not eating the bodies of tortured souls.
14. Helping put an end to global famine.
15. Gardenburger Riblets.
16. A lower rate of sexual impotence.
17. Resisting cruel fashion trends without a second thought.
18. Lactose intolerance is a non-issue.
19. Being a part of something that matters.
20. **Having clean arteries that aren't clogged with dead-animal goo.**
21. Never again being called a “corpse eater.”
22. Not having to worry about getting blood stains on the tablecloth.
23. Looking good and feeling great!
24. The cinnamon buns at Sticky Fingers Bakery.
25. Getting to bow out of my in-laws barbecues.
26. Not having to look at the gross materials handed out by animal rights activists!
27. Staying healthy when traveling to third-world countries.
28. Greater spiritual, mental, emotional, and physical strength.
29. Not contributing as much to global warming as meat eaters.
30. Being the change that I want to see in the world.
31. Setting a good example for younger generations.
32. Rina Shah shoes.
33. **Helping my grandmother learn new words like “vegan.”**
34. Watching loved ones and strangers slowly evolve toward vegetarianism.
35. Walking the talk.
36. Not having to inspect meals for fatty, gristly bits.
37. Saving an average of 200 animals a year just by not eating them.
38. Having a low cholesterol count.
39. Looking into the faces of animal companions without guilt.
40. Vegan guys are hot!
41. No dead bodies in my refrigerator.
42. Being an activist at every meal.
43. Juicy, sun-ripened tomatoes.
44. Mexican, Ethiopian, Indian, Chinese, and Japanese Food.
45. Meeting brilliant, compassionate, creative people who advocate for the voiceless.
46. Cooking is easier and more fun.
47. Feeling instantly at home upon entering veg restaurants, anywhere in the world.
48. Viewing non-human animals as fellow earthlings rather than as mere objects.
49. Tater Tots.
50. Having food scraps that are always readily compostable.
51. Eating food that's less prone to incubating bacteria.
52. Never having to apologize for not eating questionable potluck food.
53. The automatic leg-up on those ubiquitous eco-footprint quizzes.
54. Bean and guacamole burritos.
55. Being a “radical” vegetarian makes you just a *little* bit cooler.
56. **Praying for peace by refusing to pay for violence.**
57. Vegans taste better.
58. Belonging to a higher-IQ demographic.
59. The chickens, turkeys, and ducks in my yard.
60. Vegetarian kids!
61. Living simply so that others may simply live.
62. It's fashionable! (Green is the new black, right?)
63. Being the voice for the voiceless.
64. Sandwiches at 'Snice in NYC.
65. Sharing the veg philosophy with my parents and future children.
66. The 3-to-1 ratio of female to male vegetarians.
67. A lowered risk of osteoporosis.
68. \$3 Vietnamese tofu sandwiches.
69. Parma!
70. Being leaner than most omnivores.
71. Frankie McGee's peanut butter cups.
72. Lower amounts of pesticides, PCBs, and other chemicals in vegetarians' breastmilk.
73. **One needn't be an Einstein to choose vegetarianism (although Einstein was veg).**
74. Being consistent. (Claim to love animals? Prove it!)
75. Tree Huggin' Treats' Krispy Kat bars.
76. Not contributing to pollution through dietary choices.
77. Good karma.
78. Better skin and fewer zits.
79. Getting to wear pleather in a non-weird way.
80. Cheaper groceries.
81. Veggie barbecue wings.
82. All those amazing vegetables!
83. Reducing the risk of acquiring many chronic diseases.
84. Being veg is intellectual! (Thoreau, Gandhi and many great thinkers were pro-veg.)
85. Adhering to the principles of ahimsa.
86. Becoming a conscious consumer.
87. Indulging guiltlessly in rich, delicious vegan desserts.
88. Eating fewer trans-fat foods, without even having to think about it.
89. Not enslaving animals just to eat them.
90. Doing what Jesus would do: He'd go veg!
91. Eating a more fiber-filled diet, naturally.
92. Never having to cut and prepare blood-soaked food.
93. No more agonizing decision-making sessions at restaurants.
94. Idli and Uttapam.
95. Colleen Holland's Mexican wedding cookies.
96. Discovering the unknown-but-delicious greens at the Asian grocery store.
97. Fake meat.
98. Getting to eat out of the bins at Rainbow Grocery.
99. Finding like-minded people and having something in common instantly.
100. Not feeling like crap all the time.
101. Tofurky.
102. Cooking for and eating with friends.
103. Vegan Gourmet cheese, Nacho flavor.
104. Choosing not to wear a really obnoxious “my carbon footprint is smaller than yours” t-shirt.
105. Impressing all the cute vegan guys and gals out there.
106. **Having one more thing in common with Prince.**
107. Experimenting in the kitchen.





**What's your favorite reason for being veg? We posed this question to a few hundred of our closest friends, and came up with some interesting food for thought. See how many ideas match your own reasons for embracing a meat-free lifestyle.**

- 108. Treating all animals with the same respect and consideration.
- 109. Dennis Kucinich.
- 110. Not inadvertently funding a corrupt agribusiness billionaire's vacation home.
- 111. Sonic Death Monkey bodywash from Lush.
- 112. Watching veganism become more mainstream.
- 113. Eating whatever I want, within reason, and not gaining tons of weight.
- 114. Cashew loaf.
- 115. Playing an active role in social justice.
- 116. Everything!
- 117. Knowing the Heimlich maneuver, if ever needed, won't produce a hunk of dead flesh.
- 118. Never having to separate egg yolks from whites.
- 119. Vegan White Russians!
- 120. Tempeh.
- 121. Living in accordance with personal values.
- 122. The Stanford Inn.
- 123. Not getting queasy when thinking about where food comes from.
- 124. Having a kitchen that never reeks of seafood.
- 125. **Visiting farm sanctuaries.**
- 126. The tofu section at the grocery store.
- 127. Meditating is easier with a meat-free body.
- 128. Silk Soy Nog.
- 129. Soy candles.
- 130. Supporting animal rights in a tasty, affordable way.
- 131. Making friends at jovial Vegan Meetups.
- 132. Not having to use a toothpick to scrape meat of one's teeth.
- 133. Getting to save the planet every single meat-free day.
- 134. Quinoa.
- 135. Matt & Nat handbags.
- 136. Going to bed with a guilt-free conscience.
- 137. Millennium Restaurant's Chocolate Almond Midnight.
- 138. The exciting challenge of planning a vegan wedding.
- 139. **Knowing that even though I don't own a Prius, I'm still more of an environmentalist than Al Gore.**
- 140. Having the most unique and exciting cookbook collection ever.
- 141. Not needing to explain to the waiter whether dinner should arrive medium-rare or well-done.
- 142. Eating healthfully by default.
- 143. Getting to lick the batter off the electric cookie beater without fear of salmonella.
- 144. Toasted bagels with Tofutti cream cheese.
- 145. Feeling squeaky clean inside.
- 146. Milo Ventimiglia.
- 147. Saying goodbye to diabetes.
- 148. Field Roast Vegan Sausage.
- 149. Breakfast smoothies.
- 150. Vegetarians smell better.
- 151. Knowing that vegan cupcakes *will* take over the world.
- 152. More energy and stamina (nudge, nudge, wink, wink).
- 153. Creating a perfect universe within one's own life.
- 154. Sharing all the great reasons for going veg with others.
- 155. Not having to scrape burnt cheese off the bottom of the oven.
- 156. Supporting the nation's fruit and vegetable farmers.
- 157. Earth Balance margarine.
- 158. Not thinking of dinner at the sound of a "moo," "cluck," "oink," or "baaa."
- 159. Learning about local edible plants.
- 160. Finding new uses for my boning knife and cleaver.
- 161. **Helping in the fight against violence.**
- 162. Getting to wear size 6 jeans.
- 163. Veggie hot dogs.
- 164. Making a salad in less than five minutes. The ultimate fast food!
- 165. Vegan online shopping.
- 166. Using my vegan status to deflect weirdos in bars.
- 167. Vegetarian Summerfest.
- 168. Cruelty-free Thanksgiving.
- 169. Red Star nutritional yeast.
- 170. Mom's carrot cake.
- 171. Bragging rights.
- 172. Fake chicken sandwiches!
- 173. Eating all the time.
- 174. Trader Joe's Peppermint Jojos.
- 175. Agave nectar.
- 176. Stella McCartney.
- 177. A cleaner colon.
- 178. Abba Zabbas.
- 179. Katie Donaldson's pistachio fudge.
- 180. Pizza with pineapple, soy sausage, peppers, tomatoes, and olives.
- 181. Not being a mindless, cheese-addicted zombie.
- 182. Eggless quiche.
- 183. VegNews subscribers.
- 184. The excitement of discovering a new veg restaurant.
- 185. Snuggling up in a warm, not-down comforter.
- 186. **Not worrying about whether tofu is cage-free.**
- 187. My vegetarianism gives me a sense of purpose in life—I can't imagine living any other way.
- 188. Soy chai lattes and vegan hot fudge malts.
- 189. Greater mental clarity.
- 190. Breakfast, lunch, and dinner.
- 191. Peanut Butter Bomb cake from Vegan Treats.
- 192. Indian dosas, Thai curries, Ethiopian platters, and Middle Eastern mezzes.
- 193. Breakfast at Spiral Diner.
- 194. Hemp soft-serve ice cream.
- 195. Attending fabulous galas to help raise money for worthy organizations.
- 196. Finding quality dates on VeggieConnections.com
- 197. Learning how to use a dehydrator.
- 198. Homemade vegan, maple glazed and custard-filled doughnuts.
- 199. Getting Dan Piraro's "Bizarro" humor.
- 200. Having something to talk to Joaquin Phoenix about when he finally realizes he's in love with me.
- 201. Not being a wooly bully!
- 202. Tofu scramble.
- 203. Not creating arbitrary distinctions between animals.
- 204. Vegenaïse!
- 205. Teaching children life lessons invaluable to character development.
- 206. Avocado every which way.
- 207. Cool t-shirts!
- 208. Wearing my own skin and no one else's.
- 209. Seitan Chimichurris at Candle 79.
- 210. Alba Organics face scrub.
- 211. Earl Grey tea with soymilk
- 212. *Dr. Spock's Baby and Child Care*, 8th Edition.
- 213. The music of Paul McCartney.
- 214. V-dog dog food.
- 215. Jesse Miner's ginger snap cookies.
- 216. **Vegan soap feels clean, not lardy.**
- 217. The camaraderie at my campus vegan club.
- 218. Woody Harrelson.
- 219. A heightened awareness of the natural world.
- 220. Soyrizo.
- 221. Teaching Dad there's more to life than fishing.
- 222. VegNews. Duh!