



**ANY OF YOUR FAVOURITE MEALS CAN BE MADE VEGAN! TRY GOOGLING RECIPES
EG. VEGAN STIR-FRY, VEGAN CURRY, VEGAN PASTA, VEGAN CUPCAKES**



Soul Burger - Parramatta, Glebe, Randwick

VEGAN ALTERNATIVES AT WOOLWORTHS & COLES



CHEESE

Bio Cheese & Olivia

- Cheddar
- Feta
- Parmesan



BUTTER

Nuttex & Bio Buttery

- Coconut spread
- Olive oil spread
- Sunflower seed spread



ICE CREAM

Over the Moo, Weis & So Good

- Vanilla
- Chocolate
- Caramel
- Mango
- Pandan
- Coffee



MILK

Bonsoy, So Good, Almond Breeze & Vitasoy

- Soy Milk
- Almond Milk
- Coconut Milk
- Oat Milk
- Rice Milk
- Macadamia Milk



YOGURT

Nakula, No Udder, Nudie & King Island

- Coconut Based
- Almond Based
- Soy Based



CHICKEN

Frys, Vegan Quorn & VegeDelights

- Schnitzels
- Nuggets
- Slices
- Strips
- Fillets



MEATS

VegeDelights, Vegan Quorn & Linda

- Sausages
- Patties
- Sausage Rolls
- Beef Strips
- Pork Strips
- Roasts



SWEETS

Oreo Cookies, Leda, Sour Patch Kids & Sweet William

- Chocolate
- Lollies



EGGS

- Egg Replacer Powder
- Chia Seeds
- Flax Seeds



HONEY

- Maple Syrup
- Rice Malt Syrup
- Golden Syrup



NOT ALL VEGANS ARE THE SAME

Although these products are great as alternatives, not all vegans eat this way. Everyone is different when it comes to the foods they enjoy and their lifestyle. Some examples of eating vegan include: whole foods, raw or junk food vegan. Find the foods that most suit your tastes. Whether you're a health nut or a couch potato, vegan foods can be customized for any lifestyle.

100% VEGAN RESTAURANTS IN SYDNEY

CITY

- Bad Hombres **MEXICAN**
- Blossoming Lotus **THAI**
- Bodhi **YUM CHA/ASIAN**
- Cali Press **RAW VEGAN**
- Gathered Kitchen **CAFE**
- Green Mushroom **INDIAN**
- IKU **WHOLEFOODS**
- Kindness Cafe **CAFE**
- Lord of the Fries **AMERICAN**
- Mother Chu's **CHINESE**
- Nourishing Quarter **CAFE**
- Om Vegan Kitchen **WHOLEFOODS**
- Shift Eatery **CAFE**

INNER WEST

- Bliss & Chips **AMERICAN**
- Gelato Blue **ICE CREAM**
- Gigis Pizzeria **ITALIAN**
- Green Gourmet **YUM CHA/ASIAN**
- Golden Lotus **THAI**
- Lentil As Anything **WHOLEFOODS**
- Vegans Choice **ICE CREAM**
- IKU **WHOLEFOODS**
- Soul Burger **AMERICAN**
- Vina **CAFE**

SOUTH-WEST

- Duy Linh **VIETNAMESE**
- Loving Hut **VIETNAMESE**
- Green Palace **THAI**
- World Vegan **PAN ASIAN**
- Thien Ly **VIETNAMESE**
- Wabi Canteen **JAPANESE**

WEST

- Lord of the Fries **AMERICAN**
- Soul Burger **AMERICAN**

OTHER

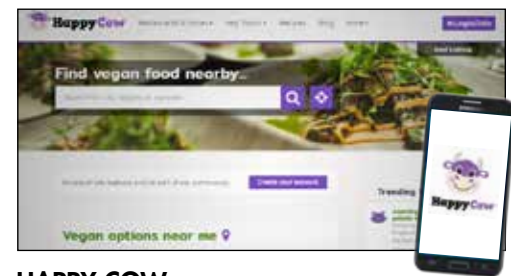
- Green Lion **PUB FOOD**
- Native Feel Real **WHOLEFOODS**
- Au Lac **VIETNAMESE**
- O-Farm Organic Grocers **CAFE**
- Pineana **PAN ASIAN**
- Ruby Fruit **CAFE**
- Tian Ci **CHINESE**
- Secret Creek Cafe **CAFE**
- Australian Vegan Catering **CATERING**

EASTERN SUBURBS

- Earth to Table **WHOLEFOODS**
- IKU **WHOLEFOODS**
- Soul Burger **AMERICAN**
- Funky Pies **CAFE**

EATING VEGAN AT ANY RESTAURANT

When eating out check the menu for vegan options. If only vegetarian options are available ask the waiter if the vegetarian dish can be made vegan or if they have anything that they would be able to make vegan. 99% of the time restaurants are happy to accommodate. As a business they do not want to turn paying customers away.



HAPPY COW

Find restaurants and stores with the best vegan options near you by using the happy cow app or go to www.happycow.net.

SYDNEY VEGAN MARKETS

Running the 3rd Sunday of every month in Marrickville, Sydney Vegan Markets is your ultimate destination for all things vegan. From fresh food to home wares to coffee to fashion, whether you're selling, buying or browsing, they have you covered.

sydneyveganmarket.com or find events on facebook



DISCOVER OTHER ACCIDENTALLY VEGAN PRODUCTS

TO FIND A LIST OF POPULAR "ACCIDENTALLY VEGAN" PRODUCTS THAT YOU CAN FIND AT MOST LOCAL SUPERMARKETS. GO TO PETA.ORG.AU/LIVING/ACCIDENTALLY-VEGAN

NEED SOME HELP TO GET STARTED?

JOIN THOUSANDS OF PARTICIPANTS FOR A 22-DAY VEGAN EXPERIENCE. YOU'LL RECEIVE FABULOUS RECIPES AND PERSONAL GUIDANCE FROM MENTORS AND CLINICAL DIETITIANS. GO TO WWW.VEGAN22.COM

RESPECTING ANIMALS MEANS GOING **VEGAN**

Why love one but not the other?

Allain's Piggery NSW Australia

THRIVING VEGAN ATHLETES

TIA BLANCO

Professional Gold Medal Surfer

PATRICK BABOUMIAN

555kg World Record Yoke Walk

JON VENUS

Fitness Athlete & Public Figure

HAVE YOU EVER THOUGHT IT WAS STRANGE HOW WE LOVE SOME ANIMALS BUT EAT OTHERS?

Our culture has lead us to believe that animals such as dogs or cats should be given care, friendship and respect. However, some other animals such as pigs, chickens or cows

can be killed and treated as a product on our supermarket shelves. All animals experience suffering regardless of their species and regardless of our cultural norms.

DAIRY

Calves suckle from their mother for several months, even up to a year.

450,000 unwanted bobby calves are born only to be slaughtered within just a few days of their life for Australian dairy products.^[1]

PIGS

Pigs share cognitive capacities with other highly intelligent species such as dogs, chimpanzees, elephants, dolphins and humans.

Sows are kept in saw stalls and farrowing crates no bigger than 2 m x 60 cm with no room to walk forward or backward for their entire lives before slaughter.^[2]

EGGS

Just like dogs, cats, and humans, each chicken is an individual with a distinct personality.

Since only female chickens lay eggs, male chicks who have no commercial value to the egg industry are routinely gassed or 'macerated' (ground up alive).^[3]

FREE DOCUMENTARIES ONLINE

1000 Eyes | Lucent | Earthlings | Land of Hope and Glory



'Best Speech You Will Ever Hear: Gary Yourofsky'

[1] <https://goo.gl/XnwCuh> [2] <https://goo.gl/TTqjLU> [3] <https://goo.gl/ErJrha>

ANIMAL AGRICULTURE IS THE **MOST** DESTRUCTIVE INDUSTRY ON THE PLANET

DEFORESTATION

56% of Australian land is used for animal agriculture, destroying native habitats.^[4]



WATER USE

1 HAMBURGER = **2498 LITRES WATER**^[5] = Equivalent To Showering For **2 MONTHS**

CLIMATE CHANGE

GLOBAL GREENHOUSE GAS EMISSIONS

Livestock and their by products.^[6]

51%



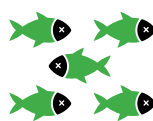
Transport (road, rail, air & marine).

13%



FISHLESS OCEANS

¾ of the world's fisheries are exploited or depleted^[7]. We could see fishless oceans by 2048^[8].



NOT ONLY CAN YOU BE HEALTHY WITHOUT ANIMAL PRODUCTS, YOU CAN BE FAR HEALTHIER^[1].

The overwhelming body of scientific literature is telling us that animal products like meat, dairy and eggs, are extremely detrimental to our health^[2]. By eating vegan you can not only dramatically reduce your chances of chronic disease but also reverse the world's leading killers such as cancer, heart disease and diabetes^{[3][4][5]}.

IRON	SOURCE	100G	RATIO
	Most Cereals	14.5g	5X
	Pumpkin Seeds	8.1g	2.8X
	Soy Beans	5.1g	1.8X
	Oats	4.2g	1.5X
	Steak	2.9g	1X

OMEGA 3	SOURCE	100G	RATIO
	Flax Seeds	22.8g	8.4X
	Chia Seeds	17.8g	6.6X
	Walnuts	9.1g	3.1X
	Hemp seeds	7.1g	2.4X
	Salmon	2.7g	1X

CALCIUM	SOURCE	100G	RATIO
	Sesame seeds	975mg	8.5X
	Tofu	270mg	2.3X
	Almonds	270mg	2.3X
	Soy Milk	160mg	1.4X
	Milk	115mg	1X

PROTEIN	SOURCE	100G	RATIO
	Seitan	75g	2.4X
	Textured Vegetable Protein	47g	1.5X
	Nutritional Yeast	40 g	1.3X
	Hemp Seeds	31 g	1X
	Chicken	31 g	1X

ALL INFORMATION IS SOURCED FROM USDA AND NCCDB NUTRITIONAL DATABASES.

CANCER

Cooked meat contains a variety of cancer causing compounds including those found in gasoline and tobacco smoke^[7]. Middle aged adults with a high intake of animal protein have been shown to have a 4x increase in cancer death risk^[8].

HEART DISEASE

The saturated fats and cholesterol in meat, dairy and eggs cause blockages in the vital arteries to your heart^{[9][10]}. Eating just 1 egg a day has been shown to cause a heart disease risk equivalent to smoking 5 cigarettes per day^{[11][12]}.

DIABETES

The high amounts of saturated fat in animal products kill vital insulin-producing cells in your pancreas^[13]. Even moderate consumption of meat increases one's risk of death by diabetes by 20x^[14].

HORMONE HEALTH

The naturally occurring hormones in foods like dairy can cause serious hormonal imbalances increasing the prevalence of acne, erectile dysfunction, loss of muscle mass, increased weight gain and growth of male breast tissue^{[15][16]}.

NUTRITION RESEARCH

nutritionfacts.org

DOCUMENTARIES

What the Health | Forks Over Knives | Food Matters

[1] <https://goo.gl/UUdAac> [2] <https://goo.gl/n4hEJs> [3] <https://goo.gl/GmZD2Q> [4] <https://goo.gl/6JrBb3> [5] <https://goo.gl/8fiogq> [6] <https://goo.gl/vpqpG6> [7] <https://goo.gl/ARGFi2> [8] <https://goo.gl/q5BJyT> [9] <https://goo.gl/Sz8AoC> [10] <https://goo.gl/r8qemY> [11] <https://goo.gl/rHsz9> [12] <https://goo.gl/MT32zG> [13] <https://goo.gl/hLdRWf> [14] <https://goo.gl/YrEMA4> [15] <https://goo.gl/J52XU5> [16] <https://goo.gl/G6aSnY>

RESEARCH

WWW.SAVEPOPPY.COM & WWW.VEGANAUSTRALIA.ORG.AU
FREE RESOURCE FOR DOCUMENTARIES, RESEARCH AND OTHER USEFUL INFORMATION



To join Anonymous For The Voiceless and get involved with volunteering find our group "AV: Sydney, Australia" on Facebook