

**Peaceful Eating 101:
Frequently Asked Questions and Resources for Exploring Potential Answers**

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Though the prospect of living more compassionately toward animals may initially seem daunting, there is an enormous and ever-burgeoning body of credible research to suggest that the benefits far outweigh the costs (for human beings, animals, and the environment). But don't take my word for it; get educated and make your OWN informed decisions!

Is there a single book that could get me up to speed on the big issues surrounding compassionate eating?

- Jonathan Safran Foer, *Eating Animals* (2009)
- Peter Singer and Jim Mason, *The Way We Eat: Why Our Food Choices Matter* (2006)
- Matthew Scully, *Dominion: The Power of Man, The Suffering of Animals, and the Call to Mercy* (2002)

Is there good reason to think that compassion for animals should be an important issue for Christians?

- Kaufman and Braun, *Good News for All Creation: Vegetarianism as Christian Stewardship* (2004)
- Matthew C. Halteman, *Compassionate Eating as Care of Creation* (2010)
- J.R. Hyland, *The Slaughter of Terrified Beasts: A Biblical Basis for the Humane Treatment of Animals* (1988)
- Andrew Linzey, (1) *Animal Gospel* (1998) and (2) *Animal Theology* (1994)
- Matthew Scully, *Dominion* (2002)
- Richard H. Schwartz, *Judaism and Vegetarianism* (2001)
- Stephen H. Webb, *Good Eating* (2001)
- Robert Wennberg, *God, Humans, and Animals: An Invitation to Enlarge Our Moral Universe* (2006)

Is it plausible to believe that non-human animals are capable of thinking, feeling, and valuing their lives?

- Jonathan Balcombe, (1) *Pleasurable Kingdom: Animals and the Nature of Feeling Good* (2007); and (2) *Second Nature: The Inner Lives of Animals* (2010)
- Marc Bekoff, *The Emotional Lives of Animals* (2007)
- Jeffrey Moussaieff Mason, (1) *When Elephants Weep: The Emotional Lives of Animals* (1996); and (2) *The Pig Who Sang to the Moon: The Emotional World of Farm Animals* (2004)
- Steven M. Wise, (1) *Rattling the Cage: Toward Legal Rights for Animals* (2001); and (2) *Drawing the Line: Science and the Case for Animal Rights* (2003)

What is life in a confined animal feeding operation (CAFO) really like for the animals who live there?

- Jonathan Safran Foer, *Eating Animals* (2009)
- Tom Regan, *Empty Cages: Facing the Challenge of Animal Rights* (2004)
- Peter Singer, *Animal Liberation* (Reprinted, 2001)

How does industrial animal agriculture affect the environment?

- Food and Agriculture Organization of the United Nations, *Livestock's Long Shadow* (2006)
- Michael Jacobsen, *Six Arguments for a Greener Diet* (2006)
- Andrew Kimbrell, *The Fatal Harvest Reader: The Tragedy of Industrial Agriculture* (2002)
- Jim Mason and Peter Singer, *The Way We Eat: Why Our Food Choices Matter* (2006)
- Michael Pollan, *The Omnivore's Dilemma* (2006)

How does industrial agriculture affect the lives and livelihoods of the world's poorest people?

- World Society for the Protection of Animals, *Industrial Agriculture: Part of the Poverty Problem* (2007)
- Doris Janzen Longacre, *The More With Less Cookbook; Extending the Table*
- John Robbins, *The Food Revolution: How Your Diet Can Help Save Your Life and Our World* (2001); see "Reversing the Spread of Hunger", 283-302.
- Peter Singer and Jim Mason, *The Way We Eat: Why Our Food Choices Matter* (2006); see "Trade, Fair Trade, and Workers' Rights", 151-169.

Is a diet free of animal products really a healthier option for human beings?

- Dr. T. Colin Campbell, *The China Study* (2004)

- Michael Jacobsen, *Six Arguments for a Greener Diet* (2006)
- Howard Lyman, *No More Bull: The Mad Cowboy Takes On America's Worst Enemy: Our Diet* (2005)
- Dr. Kerrie K. Saunders, *The Vegan Diet As Chronic Disease Prevention* (2003)
- Choose from many books by Dr. John McDougall; Dr. Dean Ornish; or Dr. Andrew Weil

If the moral, environmental, and nutritional drawbacks of factory farmed animal products are so bad, why haven't I heard about these problems before?

- Marion Nestle, *Food Politics: How the Food Industry Influences Nutrition and Health* (2002)
- T. Colin Campbell, *The China Study* (2004)

Aren't animal rights activists generally violent, anti-social misanthropes?

- Tom Regan, *Empty Cages: Facing the Challenge of Animal Rights* (2004)
- Lee Hall, *Capers in the Churchyard: Animal Rights Advocacy in the Age of Terror* (2006)

Isn't compassionate eating just a newfangled fad for self-righteous hippies and pretentious, sentimental yuppies?

- Kaufman and Braun, *Good News for All Creation: Vegetarianism as Christian Stewardship* (2004)
- Gandhi, *The Story of My Experiments With Truth* (Authorized American Edition, 1993)
- Richard Schwartz, *Judaism and Vegetarianism* (2001)
- Colin Spencer, *Vegetarianism: A History* (2002)
- Tristram Stewart, *The Bloodless Revolution: A Cultural History of Vegetarianism Since 1600* (2006)
- Howard Williams, *The Ethics of Diet: A Catena of Authorities Deprecatory of the Practice of Eating Flesh* (2003; originally published in 1883)

Isn't compassionate eating just another instance of "white privilege" that further entrenches social and racial injustice against people from other cultural, racial, and socio-economic backgrounds?

- Breeze Harper, *Sistah Vegan: Food, Identity, Health and Society: Black Female Vegans Speak* (2010)
- Terry Hope Romero, *Viva Vegan: 200 Authentic and Fabulous Recipes for Latin Food Lovers* (2010)
- Bryant Terry, *Vegan Soul Kitchen: Fresh, Healthy, and Creative African-American Cuisine* (2009)

If I commit to eating more compassionately, do I have to resign myself to a life of steamed vegetables?

- Crescent Dragonwagon, *The Passionate Vegetarian**
- Tanya Barnard and Sarah Kramer, *The Garden of Vegan*
- Doris Janzen Longacre, *The More With Less Cookbook; Extending the Table; Simply in Season**
- Isa Chandra Moskowitz, *Vegan With A Vengeance*
- Isa Chandra Moskowitz and Terry Hope Romero, *Vegan Cupcakes Take Over the World; Vegan Brunch*
- Lorna Sass, *The Complete Vegetarian Kitchen**
- Terry Hope Romero, *Viva Vegan: 200 Authentic and Fabulous Recipes for Latin Food Lovers*
- Bryant Terry, *Vegan Soul Kitchen: Fresh, Healthy, and Creative African-American Cuisine*

* Some recipes in these books include animal ingredients; if you choose to use these ingredients, please consider purchasing them only from farmers you know and trust.

What is the difference between vegetarianism and veganism, and is one preferable to the other?

- Tom Regan, *Empty Cages: Facing the Challenge of Animal Rights* (2004)
- Steve F. Sapontzis, *Food For Thought: The Debate Over Eating Meat* (2004)

Where can I find out how to become a more informed and compassionate consumer?

- Erik Marcus, *The Ultimate Vegan Guide* (2009)
- Marion Nestle, *What to Eat: An Aisle-by-Aisle Guide to Savvy Food Choices and Good Eating* (2006)
- Ingrid Newkirk, *Making Kind Choices: Everyday Ways to Enhance Your Life Through Earth- and Animal-Friendly Living* (2005)

Internet Resources

Animal Advocacy Organizations

Humane Society of the United States

<http://www.hsus.org>

Christian Vegetarian Association <http://www.all-creatures.org/cva>
Farm Sanctuary <http://www.farmsanctuary.org>
Mercy For Animals <http://www.mercyforanimals.org>
Compassionate Consumers <http://www.compassionateconsumers.org>

Vegetarian and Vegan Recipes

Compassionate Cooks <http://www.compassionatecooks.com>
ChooseVeg <http://www.chooseveg.com>

Health and Nutrition Links

Physicians Committee For Responsible Medicine <http://www.pcrm.org>
The Cancer Project <http://www.cancerproject.org>
Dr. McDougall's Health and Medical Center <http://www.drmcDougall.com>

Animal Rights

Tom Regan Animal Rights Archive <http://www.lib.ncsu.edu/animalrights/index.html>
The Philosophy of Animal Rights <http://www.cultureandanimals.org/animalrights.htm>

Contact Information

Please feel free to contact me via e-mail if you have any questions. mch7@calvin.edu
For a digest of resources for compassionate living (and some photos of sumptuous looking vegan food), visit
ExtraVEGANza!—a blog that I host with several friends. <http://www.g-rad.org/vegan>