

**Good health! : we do not need to consume animal products in order to live well. Dispensing with them is part of our healthy future / The Vegan Society.**

**Contributors**

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Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
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# GOOD HEALTH!

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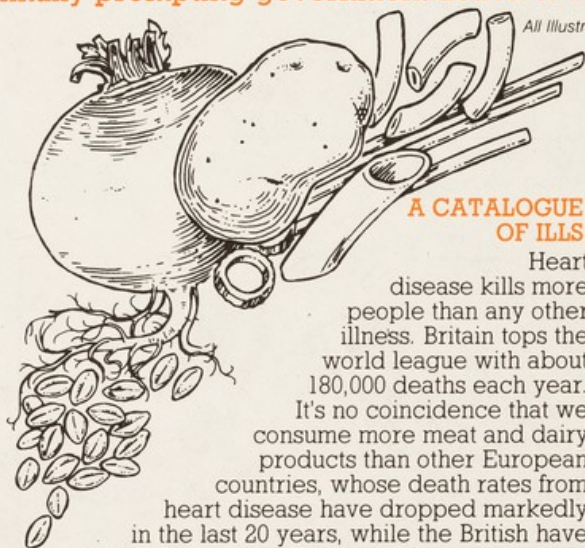


We do not need to consume animal  
products in order to live well.  
Dispensing with them is part  
of our healthy future.



Recent research into dietary causes of ill health has dramatically increased interest in vegan diets, which have been followed successfully in many countries for nearly half a century and been shown to be health-promoting in a number of ways.

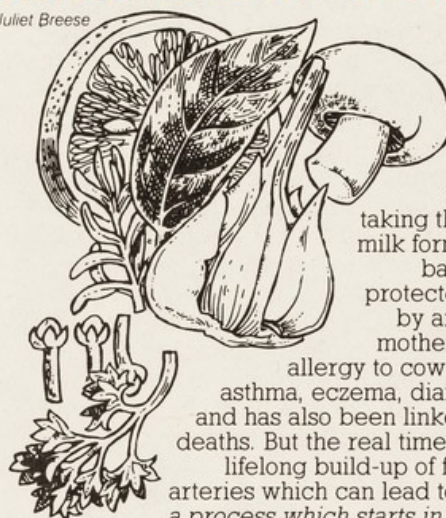
In 1983 the National Advisory Committee on Nutrition Education (NACNE) echoed the conclusions of numerous other expert committees worldwide in recommending changes in our eating habits: a one-third reduction in the intake of fats, especially those in meat and dairy products, which together supply three-quarters of all the saturated fats in our diet; and an increase in the intake of fibre from wholefoods, especially fresh fruit and vegetables. The NACNE report has become a turning-point in British eating, finally prompting government action to help people switch to a healthier diet.



### A CATALOGUE OF ILLS

Heart disease kills more people than any other illness. Britain tops the world league with about 180,000 deaths each year. It's no coincidence that we consume more meat and dairy products than other European countries, whose death rates from heart disease have dropped markedly in the last 20 years, while the British have continued to fall like ninepins from this largely preventable disease. Cancers of the breast and bowel, also major killers, have similarly been linked with a high-fat, low-fibre diet.

Another danger of an animal-based diet is food poisoning. Despite the image of clean, healthy farm animals promoted by the meat and dairy industries, the reality is quite different. When animals are slaughtered, meat can be contaminated with gut contents, faeces and urine, leading to bacterial infection. Four-fifths of all food poisoning incidents can be traced to infected meat, with milk and dairy products accounting for many of the rest. In an attempt to counteract infection in their animals farmers routinely inject them with doses of antibiotics. These, in addition to growth-promoting drugs and pesticide residues in their feed, build up in the animals' tissues and pose yet another threat to the health of those people still on a conventional diet.



### EATING FOR HEALTH

A vegan diet starts at birth, with breast-feeding naturally taking the place of cow's milk formulas. Breast-fed babies are actively protected from infection by antibodies in their mother's milk, whereas allergy to cow's milk can cause asthma, eczema, diarrhoea and colic, and has also been linked with some cot deaths. But the real time bomb lies in the lifelong build-up of fatty layers in the arteries which can lead to heart disease – a process which starts in childhood with a diet high in milk and meat.

Fat in a typical vegan diet is at the level recommended by NACNE, and most of it is unsaturated. Consequently vegans not only have less cholesterol in their blood, thus reducing the risk of heart disease, but are less prone to gallstones and gout. Medical research has shown that a vegan diet can reduce high blood pressure in patients otherwise obliged to resort to drugs with unpleasant side-effects.

Staple vegan foods are high in natural fibre, lessening the risk of cancer of the colon, constipation, varicose veins and piles. There is *no fibre* in meat, milk or eggs. The low-fat, high-fibre vegan diet means that vegans tend to be slimmer than average, and so again less at risk from heart attacks, and also from diabetes and even arthritis. A report published in 1985 (*Journal of Alternative Medicine* June 1985) concluded that a vegan diet comes closest to the dietary goals set by NACNE.

All illustrations by Juliet Breese





## SOME VEGAN SOURCES OF ESSENTIAL NUTRIENTS

### Proteins

Whole grains, nuts, sunflower and other seeds, peas and beans, soya milks and many high-protein convenience foods from health food shops

### Carbohydrates

Whole grains (wheat, oats, barley, rice etc), whole-wheat bread and other flour products, lentils, beans, potatoes. Natural sugars in dried fruits.

### Fats

Nuts and seeds, and spreads made from them. Avocados, vegetable oils, vegan margarines.

### Vitamins

- A Carrots, pumpkins, tomatoes, dark greens, vegan margarines.
- B Whole grains, nuts, pulses, yeast extracts, green leafy vegetables.
- B12 Fortified yeast extracts and soya milks; various TVP products; some fermented foods such as tempeh and miso; sea vegetables such as hijiki and wakame; spirulina.
- C Citrus fruits, currants, berries, green vegetables, potatoes.
- D Sunlight, vegan margarines.
- E Whole grains, pulses and vegetable oils.

### Minerals

- calcium Molasses, seeds, carob, parsley, most beans and nuts, miso and sea vegetables.
  - iron Miso, molasses, sea vegetables, sunflower seeds, celeriac, dried fruits, nuts, pulses, parsley, Jerusalem artichokes, green leafy vegetables.
- Whole grains, fruits and vegetables.

### Fibre

## Enquirer's Pack

If you would like to know more about the many aspects of veganism, please send for our Enquirer's Pack. In return you will receive leaflets on the following topics:

**ANIMAL RIGHTS:** Explains why veganism is the logical conclusion to any commitment to animal rights.

**ECOLOGY:** Details the benefits to our planet as a whole of a large-scale adoption of veganism.

**WORLD FOOD PROBLEM:** Explains the link between animal farming and human famine.

**DAIRY INDUSTRY:** Exposes the cruelty inflicted on cow and calf to produce totally unnecessary foods.

You will also receive a booklist of recommended reading on these subjects and details of Vegan Society merchandise. Please send a large (9" x 4") SAE marked 'Enquirer's Pack' to The Vegan Society, 33-35 George Street, Oxford OX1 2AY. You may already be convinced of the strength of the vegan case. If so, please join the Society and add your voice to the growing chorus of concern over the appalling violence inflicted daily on all forms of life. A new, more caring way of living is not only possible, but is made a reality by all those already committed to veganism. Please stand up and be counted – join us now, and help to reduce the suffering in the world, of both humans and non-human animals.

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### Membership/Enquiry Form

Why not support – or perhaps just find out more about – those working positively towards an end to *all* animal abuse and the widespread adoption of a more ecologically sound way of life? Simply fill in the form below and return to: *The Vegan Society, 33-35 George Street, Oxford OX1 2AY.*

*Please tick as appropriate:*

☐ PLEASE SEND ME A FREE VEGAN INFORMATION PACK – for which I enclose a stamped addressed envelope.

☐ I WISH TO BECOME A MEMBER of the Vegan Society Ltd and undertake to abide by its rules as set out in the Society's Memorandum and Articles of Association. I declare that I am a practising vegan (no animal products).

☐ I WISH TO BECOME AN ASSOCIATE of the Vegan Society Ltd. Although not a practising vegan, I agree with the Society's aims and would like to support its work.

I enclose payment as follows (*please tick as appropriate*):

*Cheques/POs should be made payable to: The Vegan Society Ltd*

☐ Individual £12.00

☐ Family £15.00

☐ Unwaged individual £6.00

☐ Unwaged family £10.00

☐ Junior (under 18) £6.00

☐ Life membership £250.00

☐ I WISH TO SPONSOR your work, for which purpose I enclose a donation of

☐ £5.00   ☐ £10.00   ☐ £25.00   ☐ £50.00   ☐ £ .....

Title (*please delete as appropriate*) Miss/Mr/Mrs/Ms

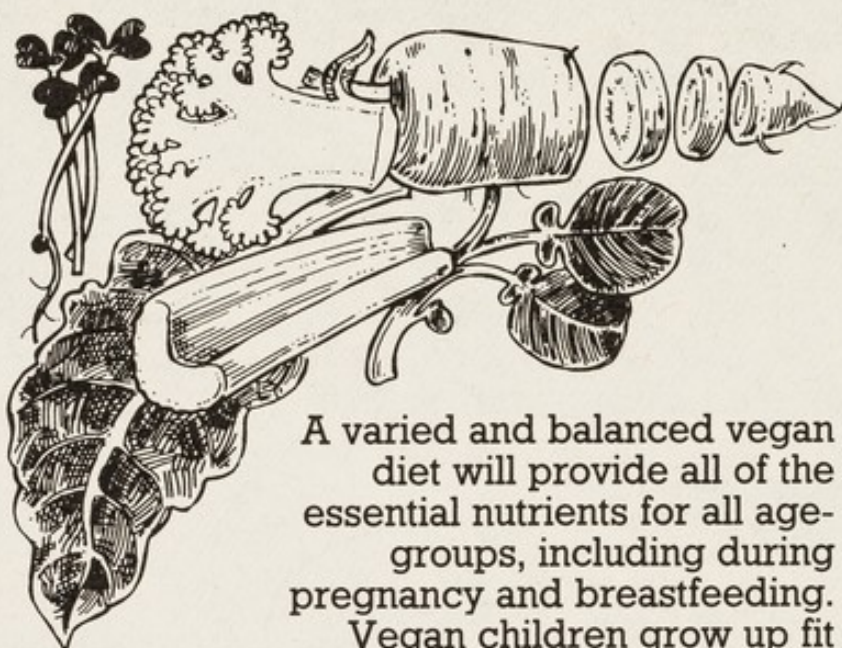
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Postcode (*please print*) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_





A varied and balanced vegan diet will provide all of the essential nutrients for all age-groups, including during pregnancy and breastfeeding.

Vegan children grow up fit and healthy, and there are third-generation vegans to prove it! There are now vegan marathon runners, long-distance swimmers, triathletes, professional footballers and doctors.

The prevalence of ill health in Britain, even in a century of so-called 'miracle cures', highlights the vital contribution veganism can make towards correcting harmful eating habits and improving the nation's health.



THE  
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SOCIETY

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