

## [VEGAN THE NEW ETHICS OF EATING](#)



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1.) To Your Health- Includes health benefits of a vegan diet and health risks of a non-vegan diet, including a look at mad cow disease (v. interesting) 2.) The Truth About Food Animals- Most of this information is not new if you are familiar with practices of factory farms.

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Choose most of the foods you eat from plant sources. Eat five or more servings of fruits and vegetables each day. Eat other foods from plant sources, such as breads, cereals, grain products, rice, pasta, or beans several times each day. Limit your intake of high-fat foods, particularly from animal sources.

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Vegan: The New Ethics of Eating. Exempt from animal cruelty laws, livestock are at the owner's mercy. Small farmers value every animal and treat them well to get the most from their investment. Dealing with an incredible animal volume, corporate farmers must ignore individual animal health problems to maximize profits.

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### **Vegan The New Ethics of Eating Erik Marcus Google Books**

Erik Marcus is a writer and public speaker who is dedicated to the advocacy of vegan and vegetarian diets. He is a graduate of Columbia University, where he earned his master's degree in teaching writing.

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### **Vegetarians in Paradise Vegan the New Ethics of Eating**

Marcus's vegan odyssey is the last chapter of Vegan: the New Ethics of Eating, a chapter that could easily be read

first. The volume is divided into three sections which focus on health, the treatment of animals, and concerns for the planet.

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Bioethics Research Library of the Kennedy Institute of Ethics. JavaScript is disabled for your browser. Some features of this site may not work without it. Vegan: The New Ethics of Eating. Creator. Marcus, Erik. a case in which a 40 year old woman, who was the primary care-giver of her 78 year-old mother, provided a strict vegan diet

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REVISED EDITION Marcus s book is widely considered to be the best introduction to veganism. BRUCE FRIEDRICH, P eTA V

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### **Vegan The New Ethics of Eating Health And Fitness**

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### **Vegan The New Ethics of Eating by Erik Marcus Paperback**

After reading this book, I have remained vegan for nine months and have no plans to resume eating meat or dairy products. Mr. Marcus explains the basics of veganism and how following an animal free diet can make a contribution to global improvement.

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