

# Fwd: Links on the Benefits of Vegetarianism

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Watch Meet Your Meat:

[http://www.petatv.com/tvpopup/Prefs.asp?video=meet\\_your\\_meat](http://www.petatv.com/tvpopup/Prefs.asp?video=meet_your_meat)

Vegetarianism and protein:

<http://www.savvyvegetarian.com/articles/protein-veg-diet.php>

Vegetarianism for health:

<http://goveg.org/healthConcerns.asp>

Vegetarianism to stop cruelty to animals:

<http://goveg.org/factoryFarming.asp>

Vegetarianism for the environment:

<http://goveg.org/environment.asp>

Vegetarianism to eliminate world hunger:

<http://goveg.org/worldhunger.asp>

Try vegetarianism:

<http://www.veganoutreach.org/img/pdf/TVSep06.pdf>

101 reasons to be vegetarian:

<http://www.vivavegie.org/vv101/index.html>

Famous vegetarian athletes:

<http://www.ivu.org/people/sports/index.html>

Other documentary videos on vegetarianism:

<http://www.petatv.com/veg.html>

Factory farming:

<http://www.factoryfarming.com>

What to eat:

<http://www.vrg.org>

Famous vegetarians:

<http://www.soystache.com/famousaz.htm>

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Vegetarian quotes:

<http://www.famousveggie.com/quotes.cfm>

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