



Je
možné
přežít
živočišné
zemědělství
?





































Test

- Kontroverze proseknutého hrdla...

Závěr

- Pokud to není dobré pro naše uši, proč by to mělo být dobré pro naše žaludky?



WRONG



RIGHT

VEGAN



Compassion



Nonviolence



For the people



For the planet



For the animals













The Vegan Food Pyramid

VeganFoodPyramid.com

Vegetable Oils and Fats
Some sweets, salt,
spices, Nuts,
Use Sparingly

Fortified Dairy Substitutes
2-3 Servings
Eat Moderately

Legumes, Seeds
Beans Group
2-3 Servings
Eat Moderately

Whole Grains, Bread
Rice and Pasta, Cereal Group
6-11 Servings
Eat Generously

The Veggie Group
3-5 Servings
Eat Liberally

The Fruit Group
2-4 Servings
Eat Liberally

Water

8-10 Glasses a day. If you are active, drink more!







GO VEGAN



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