

Bc

Bill Clinton



"All my blood tests are good, and my vital signs are good, and I feel good, and I also have, believe it or not, more energy"

Jm

Jason Mraz



"feeling stronger, fitter, healthier and more productive. It also makes me a lot better in bed...just saying"

Am

Alanis Morissette



"I feel like a 12-year-old! I'm back to what I was born to be, at my best."

Pr

Prince



"I've always had a preference for all things vegetarian but not until recently did I find out how good they were for you (in a physical sense)."

Vi

Vanilla Ice



"Going vegan brought my cholesterol from over 300 to 133 without drugs in 3 months."

Cl

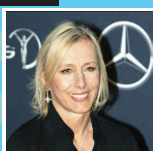
Carl Lewis



"My best performances were when I was 30 years old, and I was a vegan."

Mn

Martina Navratilova



"I did it for the animals. How can you have one animal for a pet and another for lunch?"

Rb

Russell Brand



"Even as a junkie I stayed true to vegetarianism - I shall have heroin, but I shan't have a hamburger! What a sexy little paradox"

Rs

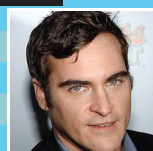
Russell Simmons



"I don't eat any animals or anything that has to do with animals. No fish or egg or dairy because I personally don't feel it's a good practice to eat anything that might run away from you."

Jp

Joaquin Phoenix



"Friends of mine, people I have never discussed vegetarianism with, are adopting vegetarian habits because they see it."

Kb

Kim Basinger



"If you could see or feel the suffering you wouldn't think twice. Give back life. Don't eat meat."

Pm

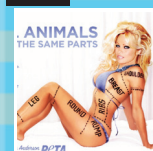
Paul McCartney



"If slaughterhouses had glass walls, everyone would be a vegetarian."

Pa

Pamela Anderson



"Men hunt I think maybe because they have something wrong with their own equipment and they need something else to shoot."

St

Shania Twain



"I think there's something odd about eating another living anything."

Ba

Bryan Adams



"I completely stopped eating dead creatures in 1989."

Pn

Petra Nemcova



"I have a very strong connection to nature, and I read that if we fish the way we fish, in 2048 there will be no more fish left, which is pretty soon."

Fw

Forest Whitaker



"Life is full of choices, and many years ago, I chose to become a vegetarian, and it was one of the best choices I've ever made."

Rp

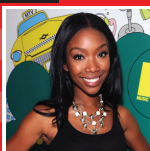
Rosa Parks



"For over forty years, I've been vegetarian. Growing up, my family had little money—I had health problems early in life because of poor nutrition. Eating healthy is a priority for me."

Br

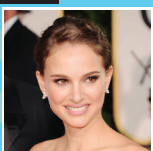
Brandy



"I really wanted to be healthy. I found out a lot about the body and what drugs they put in meat. My taste buds started changing, and I didn't crave meat and dairy products anymore"

Np

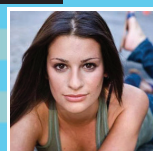
Natalie Portman



"Part of my reason for being vegetarian was because it practices respect and love for life all through the day, so three times a day, you make a decision to eat things that have not been killed."

Lm

Lea Michele



"I'm vegan because I love animals, so I can't eat them. But I find it has always helped me keep in shape."

Rg

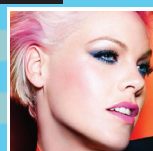
Richard Gere



"People get offended by animal rights campaigns. It's not as if I'm a hypocrite. It's not as bad as mass animal death in a factory."

P

Pink



"Animals don't fake or hide their feelings, and they are the most loyal creatures on Earth. And somehow we humans think we're smarter—what a joke."

Mr

Mr. Rogers



"I don't want to eat anything that has a mother."

Ch

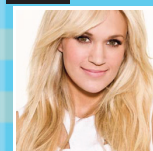
Chrissie Hynde



"The facts are absolutely clear: Eating meat is bad for human health, catastrophic for the environment, and a living nightmare for animals"

Cu

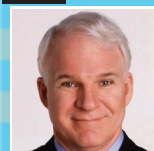
Carrie Underwood



"I stopped eating beef at 13 and stopped eating all meat a few years ago. I would feel guilty that what was on my plate was walking around yesterday."

Sm

Steve Martin



"When I see bacon, I see a pig. I see a little friend, and that's why I can't eat it. Simple as that."

Ab

Alec Baldwin



"Every time we sit down to eat, we make a choice: Please choose vegetarianism. Do it for animals. Do it for the environment and do it for your health."

Td

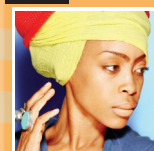
Ted Danson



(Danson actually started his own organization to fight ocean pollution—the American Oceans Campaign. It merged with Oceana in 2002.)

Eb

Erykah Badu



"I am not systematic at all when it comes to religion. I just love life. And I'm not judgmental. And I'm a vegetarian."

As

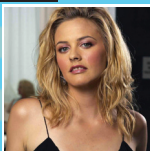
Reverend Al Sharpton



"I ran into Bill Clinton, who told me how he has more energy, needs less sleep, and can think more clearly since going vegan, and I can tell you the same thing happened to me."

As

Alicia Silverstone



"Once people spend time with farm animals in a loving way... a pig or cow or a little chicken or a turkey, they might find they relate with them the same way they relate with dogs and cats."

Ed

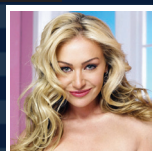
Ellen DeGeneres



"You ask people why they have deer heads on the wall. They always say, 'Because it's such a beautiful animal. There you go. I think my mother's attractive, but I have photographs of her.'"

Pd

Portia de Rossi



<http://www.famousveggie.com/quotes.aspx>
<http://www.tomcorsorknowles.com/blog/inspiring-quotes-from-famous-vegans/>
<http://jasonmraz.com/journal/2012/plant-based/>
<http://www.quotesstar.com/quotes/i-am-a-vegan-now-260478.html>
<http://www.organicrecords.com/vegan/vegquotes.html>

Cm

Chris Martin



<http://www.cnn.com/video/#/video.bestof/2012/06/20/ac-rd/culst-mike-tyson-vegan.cnn>
<http://www.animaliberationfront.com/Saints/Interviews/JoaquinPhoenix.htm>
<http://www.blueoceanfilmfestival.org/>
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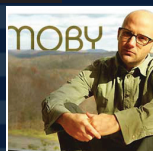
So

Sandra Oh



<http://www.cnn.com/video/#/video.bestof/2012/06/20/ac-rd/culst-mike-tyson-vegan.cnn>
<http://www.animaliberationfront.com/Saints/Interviews/JoaquinPhoenix.htm>
<http://www.blueoceanfilmfestival.org/>
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Moby



<http://en.wikiquote.org/wiki/Vegetarianism>
<http://vegetarian.procon.org/view.resource.php?resourceID=004601>
<http://livinggreenmag.com/2012/11/05/people-solutions/im-a-vegan-because-celebrity-vegans-and-vegetarians-speak-out/>

Wh

Woody Harrelson



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Kw

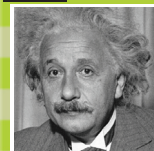
Kristen Wiig



"Vegetarian food leaves a deep impression on our nature. If the whole world adopts vegetarianism, it can change the destiny of humankind."

Ae

Albert Einstein



"Vegetarian food leaves a deep impression on our nature. If the whole world adopts vegetarianism, it can change the destiny of humankind."

Ed

Emily Deschanel



"I've been vegan for 15 years, and it turns out it makes a very big impact on the environment to eat fewer animal products, which cause more greenhouse gases than all of transportation combined."

Pm

Paul McCartney



"If anyone wants to save the planet, all they have to do is just stop eating meat."

Tm

Tobey Maguire



"I don't judge people who eat meat—that's not for me to say—but the whole thing just sort of bums me out."

The Periodic Table of Vegan and Vegetarian Stars

boldVEGAN.com

health

animals

environment

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