



Photo by Mark Ylen

Janet French arranges vegetables at Sundance Natural Foods, where she is produce manager. Sundance is one of many food outlets for health-conscious vegetarians in Eugene.

Vegetarians don't fit stereotype

By Tammy Batey
Emerald Reporter

Vegetarians come from all walks of life, and are not a group you can categorize.

Vegetarians are all of races, religious denominations and political beliefs. People stop eating meat for all sorts of reasons, ranging from health concerns to concern for the well-being of animals.

Some vegetarians don't eat meat because of environmental issues surrounding raising animals for slaughter, said Dr. Dan Hardt, a nutritionist.

"Vegetarianism is by far the preferred way to eat on our planet," Hardt said. "The amount of grain we use here in America and in Europe to feed chickens and beef is phenomenal."

"We could wipe out hunger

by cutting down on meat consumption. A large amount of western grain production goes toward feeding animals for slaughter."

Americans are meat-oriented in terms of their meals, which is an unhealthy method of arranging meals, said University student and vegetarian Stacy Griggs.

"Most people base their meal around their protein when they should base their meal around a carbohydrate," she said. "I feel so much more healthy now."

Griggs said violence against

animals is also a concern.

"I don't like the idea of animals being killed," she said. "It disgusts me to think about it."

"Originally I had health reasons for becoming a vegetarian," said vegetarian and student Andrew Marssdorf. "Red meat is bad for you. Later it became a matter of violence. I don't approve of violence and that progressed to animals."

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