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**Why Vegetarian?**

- Cruelty to Animals
- Amazing Animals
- Health Issues
- The Environment

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**Meet the Animals**

- Chickens
- Cows
- Fish
- Pigs
- Turkeys
- Ducks and Geese

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**Resources**

- Get Active
- Recipes
- 'Meet Your Meat'
- Pledge To Be Veg For 30 Days
- Famous Vegetarians
- Books and Web Sites
- Literature and Merchandise
- In the News
- Investigations
- Photo Gallery

## KFC Canada Gives In to PETA's Demands



KFC Canada has agreed to a historic animal welfare plan, but the cruelty in other nations continues. [Learn more.](#)

**PETA TV** NOW SHOWING ON PETA TV®

"Meet Your Meat"	Kentucky Fried Cruelty: The Movie	Top Three Reasons Not to Eat Fish	Alicia Silverstone's Veggie Testimonial
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**VEGCOOKING BLOG**

**VEGETARIAN NEWS FROM PETA'S BLOG**

- [Homemade Caramel Popcorn](#)
- [KFCs in Canada to Offer Vegan Chicken!](#)
- [Baba Ghanoush](#)
- [Word of the Week: Agar-Agar](#)
- [Cajun Boiled Peanuts](#)

[Visit the Blog »](#)



### MAKING THE TRANSITION

Many people become vegetarian overnight, while others make the change gradually. Do what works best for you. We have all the information to help you get started! [Read more.](#) »

### TOP 10 REASONS NOT TO EAT PIGS

Did you know that pigs are smarter than 3-year-old children? Check out all the reasons to leave pork off your fork. [Read more.](#) »



## Celebrity VEGETARIAN TESTIMONIALS

### Pledge To Be Veg FOR 30 DAYS

**MORE FEATURES**

- Win *Quantum Wellness*—As Seen on *Oprah & Ellen*
- Be Like Oprah, Try a Vegetarian Diet Today!
- Vote for 2008's Sexiest Vegetarian Celebrity!
- Alyssa Milano: Let Vegetarianism Grow on You
- New Investigation Reveals Egg Industry Abuse

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### VEGETARIAN COOKING

- Recipes
- Shopping Guide
- I Can't Believe It's Vegan
- Two-Week Meal Plan
- Our Favorite Products

[More »](#)



### EASY ACTIVISM

- Promote Veganism
- Boycott KFC
- Join the Activist Network
- Request Literature
- Become a Member

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### RELATED WEB SITES

- [DumpDairy.com](#)
- [FishingHurts.com](#)
- [KentuckyFriedCruelty.com](#)
- [VegCooking.com](#)

### SHOPPING



*Quantum Wellness*

**FREE VEGETARIAN STARTER KIT**

SIGN UP FOR **PETA E-NEWS**

**SUPPORT OUR WORK**

**WORK FOR PETA**

**QUESTION AUTHORITY**  
[peta2.com](#)

**KIDS' CORNER**

Winner! **The Veg Webby Awards '06**  
VegNews.com  
**"Best Vegetarian Resource"**