

Neal Barnard

Quotes

*Animal, People, Thinking, Meat, Children, Needs, Weight, Dog, Giving, Care,
Cocaine, Helping, Planets, Important, Arrows, Food, Labs, Waiting, Week,
Ethical Issues*

The beef industry has contributed to more American deaths than all the wars of this century, all natural disasters, and all automobile accidents combined.

~Neal Barnard

If beef is your idea of 'real food for real people,' you'd better live real close to a real good hospital.

~Neal Barnard

Chicken fat, beef fat, fish fat, fried foods - these are the foods that fuel our fat genes by giving them raw materials for building body fat.

~Neal Barnard

In my own life, I decided to leave meat off my plate in medical school, but was a bit slow to realise that dairy products and eggs are not health foods either.

~Neal Barnard

Meat consumption is just as dangerous to public health as tobacco use... It's time we looked into holding the meat producers and fast-food outlets legally accountable.

~Neal Barnard

The thinnest people on the planet are those who eat the most carbohydrates.

~Neal Barnard

While it's certainly true that many people think that dairy doesn't have a cost to the animal, it's because they never went to a dairy farm.

~Neal Barnard

To give a child animal products is a form of child abuse.

~Neal Barnard

Another advantage of avoiding sodas is that you will avoid the caffeine that is in many of them. Caffeine is a weak diuretic that causes calcium loss via the kidneys.

~Neal Barnard

I think we have to do everything that's useful. We're doctors. Our job is to tell the truth. And it doesn't have to be embellished in any way.

~Neal Barnard

It doesn't do a lot of good for your health to move from red meat to white meat, but it gets you further down the road towards making more substantial changes later.

~Neal Barnard

A vegan diet takes care of most of what we need to do.

~Neal Barnard

If some people think, "Why am I eating a dead bird soaked in poop?" I think if some people get disgusted by that, it's all to the good. Their coronary arteries will be healthier.

~Neal Barnard

If we studied human beings which can include human genes, human blood samples, and human behavior, then you can leave the animals out of the labs and you can leave them off your plate.

~Neal Barnard

Chimpanzees will eat a little bit of meat. But, they never eat dairy products, and no other animal would do that.

~Neal Barnard

Not only are the studies themselves often lacking even face value, but they also drain badly needed funds away from patient care needs.

~Neal Barnard

I don't approve of the use of animals for any purpose that involves touching them - caging them.

~Neal Barnard

You will find that your taste buds have a memory of about 3 weeks.

~Neal Barnard

I have been following a vegan diet now since the 1980s, and find it not only healthier, but also much more attractive than the chunks of meat that were on my plate as a child.

~Neal Barnard

I think herd mentality is a good thing overall. Because if every sheep had to figure out the velocity of the wolf and their personal risk, that would take forever.

~Neal Barnard

The Stone Age gave us arrow heads and eventually knives, and that allowed us to kill animals in ways you couldn't before, and once you had them you were able to remove the skin and bones.

~Neal Barnard

It's much better to say, "If the herd is running, I'm running with those guys." And humans have herd mentality.

~Neal Barnard

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