Veganism Research: An Annotated Bibliography

Is veganism beneficial to human health and the environment?
Researched by Joshua Schneiter
Research Question: Is veganism beneficial to human health and the environment? (Veganism is a plant based lifestyle excluding all animal products)


This documentary provides us with the advocation of a low-fat plant-based diet obtained through eating whole-foods. It promotes combating a number of diseases said to be caused by eating meat and dairy (as caused by living a non-vegan lifestyle).

This is a highly reliable as well as very informative source. It’s goal is to provide enough well researched information to sway the viewer towards living a plant based diet.

My critique for this documentary would be focused on how impressive its’
multiple as well as accurate sources advocating the vegan lifestyle are. It provides much information including (but not limited to) personal experiences as told by farmers, a very detailed and researched overview of the 20 year long “China-Cornell-Oxford Project” in which coronary disease, diabetes, obesity, and cancer in the Western diet of processed and animal based foods (all animal based non-vegan) is the main cause and root source of those problems. It seems to be highly reliable as a source and offers great motivation to move towards its objective. This documentary while in my opinion held quite a few objective viewpoints (such as not specifically saying: “become vegan or else” and it did show people that were happy and healthy eating NATURALLY and HUMANELY raised products from animals) I saw many personal preferences from the director supporting veganism and it’s definite benefit to human health and the environmental positive effects. For these reasons, this documentary is very biased but well informed. Utilizing this source would GREATLY benefit my research project in many ways.


This radio discussion focuses on the way Americans eat more meat than almost anyone else in the world and how these habits are actually beginning to change.
This source was very useful. Compared to other sources in my bibliography, I found it comical while still maintaining valuable and fairly recent information. It was very objective in that even the host of the radio talk show was asking her guests questions which pertained to the objective of the recognition of Americans unnecessarily indulgence of meat and dairy.

This fits very well into my research topic. My research question is brought up by two food correspondents. Alisson Aubrey and Dan Charles voice their well researched opinion. Dan tells us that it’s very simple to see the reason to why meat has MORE of an impact on our environment than any other food. His reasoning was that while you may have land to grow an unlimited amount of crops for either personal or business use, if you are intending on selling or using that crop you are using it DIRECTLY. However, if you choose to sell meat from livestock or have livestock with the purpose of using them for their milk supply (for dairy), you are paying for crops INDIRECTLY to maintain those animals. Now, Dan says the problem with this is that “your cattle have to eat twenty or thirty pounds of feed to put a pound of steak on their bones. The rest of it...goes straight through and into the animal waste.” The majority of the information is directly related to my main concerns of veganism and will be useful to include in my research paper.

This blog is a helpful addition to the audible discussion. This information highlights specific details through visual charts and graphs. (Unlike the audible version)

Detailed information is provided to support the audible portion yet able to stand alone while maintaining just as much factual information as the audible discussion. It is a separate entity from the audio as either provide different information (as well as functionality) that will be beneficial to include for my researched argument. The information provided is highly useful and reliable as it includes the appropriate work cited information for each individual graph and chart provided. They even go as far as to include a correction to some of their information (further proving their reliability in their own research).

This information fits into my research in providing a visual representation of the information regarding specific numbers of meat and dairy consumed in our country (as well as other supporting information). It concisely covers many points in my research question that I will be including. The visual representations are direct and thoroughly informative. A wide range of points are addressed such as meat consumption in the U.S. between the years 1909 and 2012, and the meat consumption overall in the U.S. rising dramatically and only in the past few years beginning to drop off. It covers both parts of my
question by not limiting information to only how it affects our human bodies, but also how it affects our environment as a whole. In all, as a visual learner/hands on, I do feel this has changed my views on my research question a bit. The visual representations give me a drastic view of how big the impact of meat and dairy truly are in our country as well as in our world. (Below is an example of one of the charts from this blog that I found impacting. It gives information on “What it takes to make a quarter-pound hamburger.”) In all, After reviewing this source, I might consider changing my research question to: “How MUCH does meat and dairy affect our bodies, and planet? What are those affects?”

![Chart showing the impact of making a quarter-pound hamburger](chart.png)
This is a documentary that follows the sixty day journey of a sick, fat, and presumably “nearly dead” Australian across the U.S. He is on a mission to rid himself of most of his health issues by cleansing his body with an entirely plant based diet of raw fruits and veggies (mostly all juiced). His journey leads him to another man with many ailments and his mission is then changed to help this man (and any/all that will accompany them) for a healthier solution.

This source is extremely useful as well as entertaining. Compared to other sources, it has the contrast of seeing men start from an almost desperate and disgusting start to a very uplifting and inspiring end through eating an entirely vegan diet (no meat or dairy of any kind, instead they eat unlimited amounts of fruits and veggies). This source is absolutely presented as objective as it allows the viewer to see the vast differences between the effects of a plant based diet opposed to the negative effects of a meat and dairy filled lifestyle. The goal of this source is to let the viewer decide if their health is worth the change. It leaves room for the viewer to take it or leave it so to speak by allowing us to see their transformation as raw as possible.

I most definitely would like to use much of the information from this documentary in my researched argument. I found it to be a good fit for my
topic. It is a nice balance to include a personal account from someone who in the beginning doubts the success of eating an entirely plant based (vegan) diet. It helps shape my argument by providing a first hand view of how a vegan lifestyle affects the human body.

n.p. “Should humans stop eating animals and become vegetarians?” debate. org Philip & Crystal Ferreira Founders, last updated post October 12 2013 11:47 AM.

This source is an online debate with comments and votes for the simple “yes or no” to the posted question of the debate. The topics vary, the question posted that relates to my researched argument is: “Should humans stop eating animals and become vegetarians?”

This is an okay source. It is not the scholarly choice as it is not researched by “professionals”, but it IS very useful in seeing the views on topics up for debate from everyday people like you and I. The majority is shown with a percentage as well as a bar (as shown below) as to indicate who is “winning”
Compared to other sources, this source gives a direct representation of the amount of people for or against this issue. For this reason I find this source to be reliable. It is very objective rather than biased because there is an unmasked raw truth from different people with their own supporting details on why they chose to answer “yes” or “no” to the given debate question. The goal of this source is to allow the public to voice their real opinions, no bias from one single person as would an essay, but instead a multiple viewpoint study (ongoing as even you or me are able to voice our opinion on the matter).

It is very straightforward and you are able to look at the overall amount of people who have joined the discussion and see their honest responses. Real people giving real answers. For this reason, I find this source to be very beneficial to my researched argument. It provides me with an overview of what everyday people feel about this issue while still allowing me to specifically pick out individual responses from those who posted and why they voted “yes” or “no”. It helps me shape my argument by allowing me to see the true feelings of those for or against the idea of veganism being beneficial to human health and the environment. I can use specific comments in my research as examples to support my case. (Such as the examples below).
This source is also an online debate including a short essay to begin the debate with the authors very biased viewpoint (unlike the previous online debate with no predisposed viewpoint, only a yes or no question on if readers are in agreement or disagreement).

I did find this source to be useful to my research. Unlike most of my other sources, this had a definite opposing viewpoint with many supporting reasons for disagreement. The information, just as the previous online debate, has many viewpoints from readers. This source had the objective of providing a biased viewpoint and asking the public if they agree or disagree with the position of the author while still offering the option of why they felt the way they did about their position. I found the previous debate site to have a little more appeal in that they had the option to SEE a scale from the amount of yes and no answers. I found this New York Times website to be lacking in that.

This source did provide me with a few new viewpoints on my researched argument. My question is: “Is veganism beneficial to human health and the environment?” I found that this online debate had very compelling evidence against veganism. It provided viewpoints against an entirely plant based diet with such information on the inclusion of such things as fully-formed vitamins.
A and D, vitamin B12, and the long-chain fatty acids from sources said to be found only in meat products. My research was brought into a direction I hadn’t considered before with this introductory essay to the debate, it spoke of the affect a vegan diet could possibly have on children and babies (of which the entire basis for the debate was placed on...At least for this author).

To conclude my annotated bibliography, I’d like to engage more in the study of how veganism is beneficial or detrimental to the health of humans at different ages. Could the inclusion of non-vegan foods such as meat and dairy really be as deteriorating to the body or could it be more of a risk to not have certain nutrients that are said to be found only in meat? Will our children or planet benefit from this decision or will they pay the consequences of our choice with difficulty?