

THE WORLD PEACE DIET Facilitator Training Program



“Imagine the world we can create...”

with DR. WILL TUTTLE,
author, The World Peace Diet



Role Playing Exercise –

Based on Chapter 12, “Some Objections Answered”

The following are some typical objections that people routinely raise to avoid questioning their acculturated mistreatment of animals for food and products. Remember not to argue, if possible, but agree initially and use “I” statements (e.g., “I used to think the same thing and then I learned about...,” etc.).

1. Animals are different from us. I don’t think they can suffer the way we do. It doesn’t bother me that they are killed for food. There are so many human problems, why worry about animals?
2. We humans are meant to eat meat. We’ve been carnivores for thousands of years. Veganism is unnatural.
3. I’m a blood type O and my chiropractor said I have to eat meat to get enough protein to be healthy.
4. I’m a scientist, and there’s no scientific evidence that we shouldn’t eat animal foods.
5. I’m a Christian and the Bible says God gave us dominion over animals. And Jesus ate meat.
6. I eat only organic beef, dairy products, and eggs, and I know that this is healthy and compassionate.
7. I heard that growing grain kills little mice and voles that live in the fields, so being a vegetarian causes killing too. Also, plants feel pain, so being a vegetarian causes suffering to plants.
8. Animals eat other animals; life is about killing for food; it’s natural.

9. I would like to be more vegetarian, but I could never give up meat and cheese—they are so delicious. I don't want to give up my favorite foods.
10. My spouse is a real meat-eater; it just wouldn't work for me to be a vegan. I like to fit in and be normal. Being a vegan would be too disruptive to my lifestyle.