



# Vegetarians and Vegans in America Today (American Subcultures)

*Karen Iacobbo, Michael Iacobbo*

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**Vegetarians and Vegans in America Today (American Subcultures)** Karen Iacobbo, Michael Iacobbo

Vegetarianism is not a diet trend, or the flavor of the month. Instead, it is a philosophy and practice with roots in antiquity. Vegetarianism has existed for centuries in much of the world as a social movement and subculture. In the United States, this subculture has existed for more than 200 years. In this book, the Iacobbos bring this thriving subculture to life. By examining its businesses, organizations, events, scholarship, and influence on the arts, and by interviewing dozens of vegetarians and vegans, the authors reveal a subculture whose members hold a variety of perspectives on everything from animal rights to advocacy, politics, and religion.

Building upon their previous book, a history of vegetarianism, the Iacobbos delve into its current incarnations. They include information on the food industry, health studies on the benefits of vegetarians and vegan ways of eating, the popularity of vegetarianism, and the backlash against it. They highlight the work of vegetarian advocates and provide a glimpse of the stores, magazines, restaurants, and organizations that bring this subculture together. Finally, they include projections for the future from vegetarians, environmentalists, lawyers, nutritionists, economists, and experts in animal rights.

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