



Proclamation

WHEREAS: There are many motivations for maintaining a vegetarian lifestyle such as health, humanitarianism, economics, ecology and ethics; and

WHEREAS: The American Dietetic Association affirms that a vegetarian diet is nutritionally complete and healthy for anyone including athletes, pregnant women, children, and infants; and

WHEREAS: The U.S. Surgeon General recommends consumption of less saturated fat and cholesterol and consumption of more complex carbohydrates and fiber (Surgeon General's Report on Nutrition and Health, July, 1988); and

WHEREAS: Vegetarian diets have been scientifically linked to reduced risk for heart disease, high blood pressure, obesity, diabetes mellitus, and some types of cancer ("Position of the American Dietetic Association: Vegetarian Diets, 'Journal of the ADA', March, 1988); and

WHEREAS: A vegetarian lifestyle provides economic benefits for the consumer and the country in the form of lower food, medical, and energy costs (Robbins, John, Diet for a New America, Stillpoint Publishing, 1987, pages 376-9);

NOW, THEREFORE, I, Rudy Perpich, Governor of the State of Minnesota, do hereby proclaim October 1, 1989 to be

WORLD VEGETARIAN DAY

in Minnesota, and urge all citizens to join in this observance to increase awareness of vegetarianism.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this twenty-first day of August in the year of our Lord one thousand nine hundred and eighty-nine, and of the State the one hundred thirty-first.



Joan Anderson Grove
SECRETARY OF STATE

Rudy Perpich
GOVERNOR

STATE OF MINNESOTA
DEPARTMENT OF STATE
FILED

OCT 5 1989

Joan Anderson Grove
Secretary of State

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