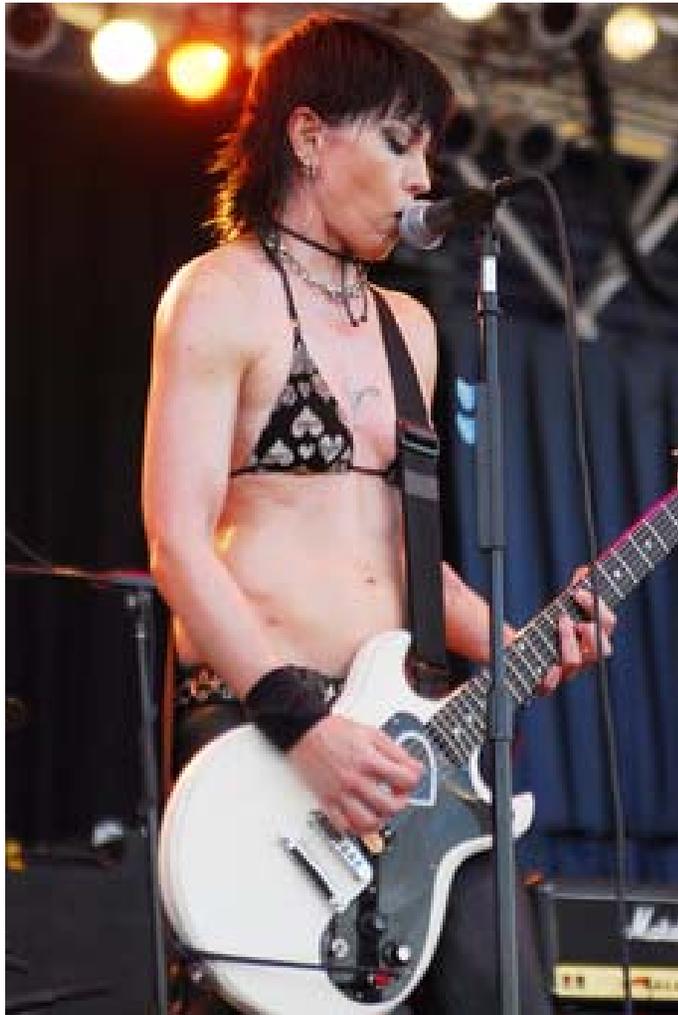


'The Runaways' Joan Jett rocks vegan diet (VIDEO+PHOTOS)



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Joan Jett is known for founding the 1970's girl-famous rock n' roll band "**The Runaways**", but she's also famous for her diet. As a longtime advocate of all things green, Jett became a proclaimed vegetarian once she realized she didn't need to "eat animals to live in this world".

The "Queen of Punk" took to her vegetarian diet after late nights on the road, minusing meat from her plate when late night meals had to stay light. Jett, **who's toughness is most recently portrayed by "Twilight" star Kristen Stewart in the movie "The Runaways"**, is quick to note her tough exterior isn't without soft spots.

"I do not knowingly kill any living thing—including insects or rodents—and I



Sunny Pepper
Celebrity Fitness and Health Examiner
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thank my food for sustaining me," Jett said in an interview with *GoVeg.com*. "I've run around my

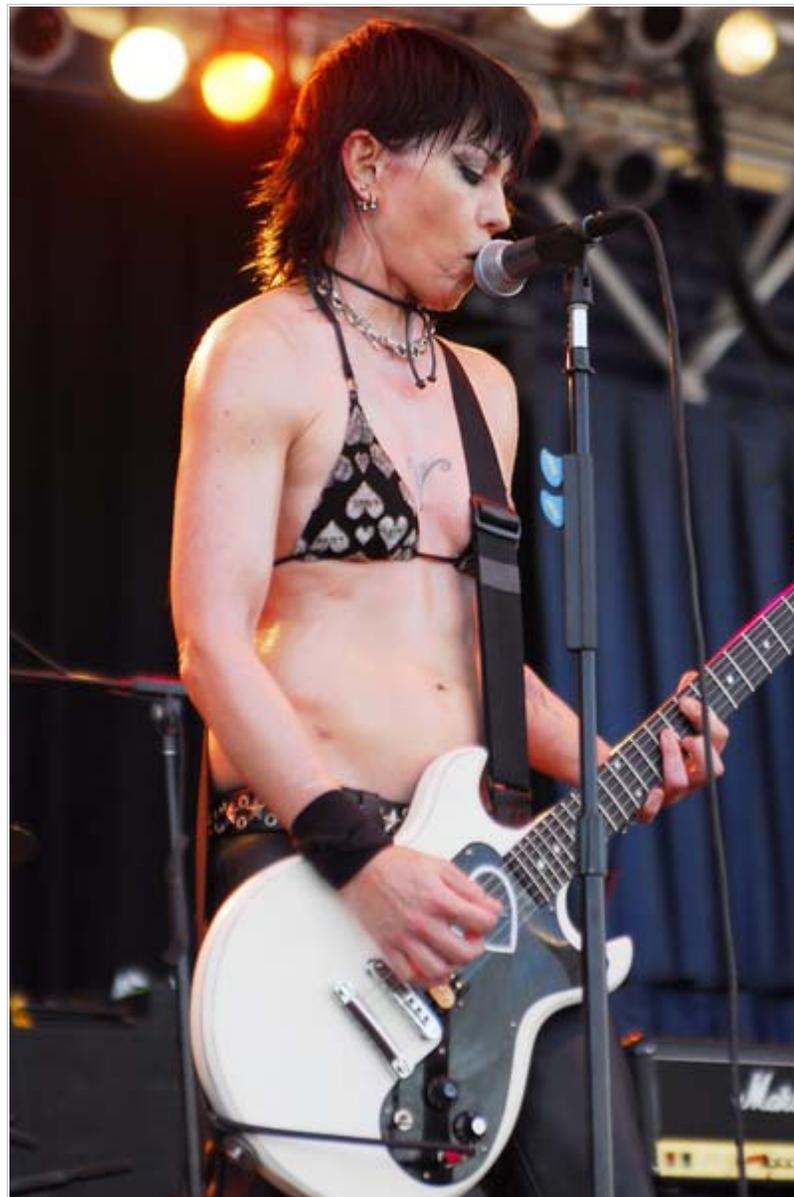
house like a nut, trying to protect birds that have gotten in somehow, and my cats were closing in on them. The birds got out alive. I also save moths from my cats."

Even addressing those who refer to her as "weak" for her love of animals, Jett said she turns the tables. "I think it's the opposite... It is completely unnecessary to [eat animals] in order to sustain life. To give [in to] the urge to eat flesh just because you can—now that's weak!"

The 51-year-old Philly native is one of **PETA's "Featured Vegetarians"** (see video below) and poses alongside the tagline: "I am a musician and I am a vegetarian".

"Cutting meat out of your diet is the best thing you can do for animals and your own health," Jett says in her *Joan Jett for PETA* video. "Did you know it's one of the best things you can do for the planet too?"

Factory farming is one of the biggest contributors to the most serious environmental problems. The meat industry causes more greenhouse gas emissions than all the cars, trucks, planes and ships



"The Runaways" founding member Joan Jett is a vegetarian and supporter of greener living. Photo: Daniel Locke / PR Photos

in the world," she says. Adding a challenge, "So what are you waiting for? Kick the meat habit and see how it rocks your world."

In regards to her fitness and fab abs, Jett says it's a result of diet and work. In an interview with *XL*, Jett said, "I don't smoke, I don't drink...I'm vegetarian. I exercise a bit, but not enough to claim that's the only reason I look OK. My job is intense. It's very physical."

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