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WATCH: Leilani Munter Feels More Energetic on Vegan Diet

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BY ALI BERMAN MARCH 25, 2013

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PHOTO: TIM LONG / HSUS

Racecar driver **Leilani Munter** went vegan about a year and a half ago and is feeling fantastic.

We had the chance to speak to Munter at the the [Humane Society of the United States' 2013 Genesis Awards](#) on Saturday night. She dished on her diet, how she's planning to introduce racing fans to delicious vegan food and of course, why she supports HSUS.

Munter told Ken Spector for Ecorazzi

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and [HappyCow](#) that she went vegetarian as a child, but after seeing “Earthlings” and “Forks Over Knives”, she had to do more. She said, “the more information that I got, the more I realized that I have to cut dairy out.”

As for how she felt when she ditched the last of the dairy, she said, “I definitely feel better. I definitely felt a change. I felt more energy.” Munter wasn’t eating much dairy at that point. She had long since given up dairy milks, preferring almond, soy and coconut alternatives. It was really just cheese. Thankfully, there were plenty of replacements for that too. Munter told us, “I was actually really surprised at how many great vegan cheeses that are actually out there. There are some really good ones.”

Those phenomenal vegan cheeses are why Munter says people are “not really giving anything up.” And therefore, “There’s no excuse not to do it.”

As for her future plans to promote veganism, Munter told us, “Later this year we’re going to run a VegNation racecar.” Not only that, but there is going to be a tent where vegan food will be served so that fans can find out firsthand just how delicious veganism can be. Talk about bringing the message to fans!

As for why she was at the Genesis Awards, the driver said, “I just wanted to come out here and show my support for the animals. It’s important. You know, they don’t have a voice and we have to be the voice for them.”

See the interview below!

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About Ali Berman

Ali Berman is a writer, teacher and activist. She works as a humane educator for [HEART](#) teaching kids about issues affecting people, animals and the environment. Ali is also a fiction writer. Her published work can be found on her website at [aliberman.com](#). In early 2012 Ali co-founded [flipmeover](#), a

production company with the mission to use media to raise awareness of social issues.

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