

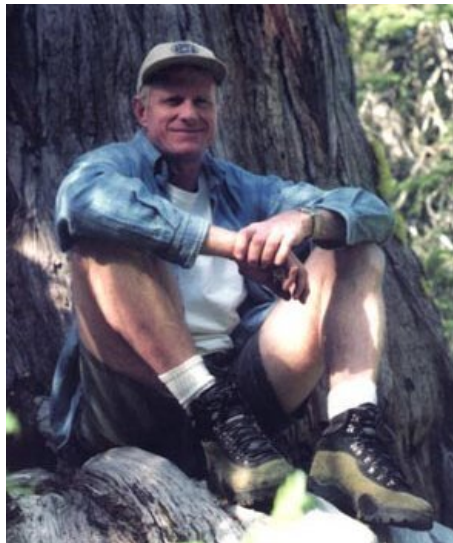
## List of Low Carb Veggies

[dlife.com/Low\\_Car...](#)

Here are the 25 Lowest-Carb Vegetables. Eat Better Today!



## 2014 Best Skin Tighteners



FamousVeggie.com's Celebrity Interview with **Ed Begley Jr.**

1. What type of vegetarian are you?(vegan,lacto,lacto ovo,etc.)  
Pure Vegan

2.At what age did you make the decision to go vegan?  
I was 20 years old when I first began as a vegan. But, it was too hard to find vegetarian food in many parts of the country where I found myself working.  
So, I strayed for a while, but returned to being a full vegan again in 1992. But, I certainly haven't had red meat since 1970.

3.What was your reason for going vegan?  
Health. My own, and the planets. And, of course humanitarian reasons. The days of having to kill an animal to survive are long gone.

4.What(if anything) do you find hard about being vegan?  
I've been doing it so long, I find it quite easy.

5.Do you find that you feel better or worse since going vegan?  
I feel great all the time. If you don't feel great, you're doing something wrong.

6.What about animal rights do you have any thoughts on that?  
I believe in the rights of all creatures. If we needed to kill to survive, we have and we would, as do many creatures in the wild. But that need no longer be the way we live.  
In striking a balance between our needs and the needs of the many other species with whom we share this earth, the balance is way out of whack.  
We treat many other animals as if they are merely "resources" or "spare parts". They are living, breathing, feeling creatures that need to be accorded some measure of respect.

7. How far do you go? Do you wear leather?Visit circuses?Etc?  
No leather. No circuses, except for the best circus ever, Cirque du Soleil, where all participants go into the tent willingly to perform.

8.What about family and friends are they understanding of this lifestyle?  
Some more than others. My kids get it.

9.What are some dumb things you hear from non-vegetarians?

"What the hell do you eat" "There's no variety" "I don't like bland food" "You must have no energy"

10. Tell the readers where they may have seen you before.  
"Providence" and "7th Heaven"

11. Do you have any new projects coming up in the future?  
A feature with Martin Short, Ben Foster and Kirsten Dunst called "Getting Over Allison". And the two TV shows mentioned above.

12. Do you have any pets?  
One dog and two cats

13. Do you know any other famous vegetarians?  
I love to cook for Alicia Silverstone. Elvira is a friend, too.

14. What are some of your favorite things to eat?  
I make wonderful soups. I usually cook them in my solar oven. I make about 40 salads, side dishes, appetizers and entrees that veg and non-veg alike rave about.

15. What would you like to tell Ed Begley Jr. fans about going Vegetarian?  
I ride my bike 20 hill miles most days. 40 to 80 miles on some days. I have plenty of energy. Honest.

16. I know you are a big environmentalist. What do you think is the biggest problem facing our planet these days?  
Space considerations are crucial as our population climbs over 6 billion. We have to make efficient use of our arable land. A plant-based diet can do that.

17. Do you find people in the movie and film industry are more or less accepting of the vegetarian lifestyle than the average person?  
More accepting now. It didn't used to be the way. There were two caterers when I was young. And they knew no vegetable that didn't live in can.

18. What are your feelings about the way food is portrayed in the media?  
It's getting better, but we have a long way to go.

19. Have any last thoughts or words of wisdom?  
Live simply, that all may simply live.

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### 1 Tip To Lose Belly Fat

[miraclegarciniacambogia.com](http://miraclegarciniacambogia.com)

Cut pounds of stomach fat every week by using this 1 weird old tip.

