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Al Gore goes vegan, with little fanfare

BY **JULIET EILPERIN** | [November 25, 2013 at 7:39 pm](#)

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Former U.S. Vice President Al Gore speaks during the Skybridge Alternatives (SALT) Conference in Las Vegas, Nevada May 9, 2012. SALT brings together public policy officials, capital allocators, and hedge fund managers to discuss financial markets. (REUTERS/Steve Marcus)

Maybe it was something about what they served in the White House mess in the 1990s. Or perhaps it's what happens to baby boomer Democrats more than a decade after leaving office. For whatever the reason former vice president [Al Gore](#) has gone vegan, [just like the president with whom he once served](#).

Gore's recent decision to forgo animal products surfaced as an offhand reference in a [Forbes magazine piece](#) about Hampton Creek Foods, an upscale vegan product line carried in Whole Foods. Ryan Mac's article, which posted Saturday, chronicled how wealthy investors including Bill Gates, [Tom Steyer](#) and Vinod Khosla have poured money into the company, which hopes to take down the U.S. egg industry with offerings such as a plant-based mayonnaise.

"Newly turned vegan Al Gore is also circling," Mac writes.



An individual familiar with Gore's decision, who asked not to be identified because it involved a personal matter, confirmed that Gore opted a couple of months ago to become vegan. Gore's office did not immediately respond to a request for comment.

It is unclear why Gore, one of the nation's most visible [climate activists](#), has given up dairy, poultry and meat products. People usually become vegan for environmental, health or ethical reasons, or a combination of these three factors.

Bill Clinton explained in a 2011 interview with [CNN's Sanjay Gupta](#) that he adopted a vegan diet primarily for health considerations. Known for [consuming a high-fat cuisine while in office](#), Clinton -- who was 65 at the time -- said he realized he had "played Russian roulette" with his health for too long, and that since making the switch, "I feel good, and I also have, believe it or not, more energy."

The Humane Society of the United States food policy director Matthew Prescott noted in an e-mail that industrial farm operations are major sources of nutrient pollution, and contribute significantly to the nation's [greenhouse gas emissions](#).






"Overconsumption and overproduction of meat has given rise to the factory farm, which has put huge threats on the planet and our health," Prescott wrote. "Whether it's the whole Clinton/Gore ticket being vegan now, Oprah promoting meat-free eating, Bill Gates backing plant-based foods or the rise of Meatless Mondays, it's clear that the way we farm and eat is shifting toward a better model."

[GALLERY: Eat like the Obamas](#)



View Photo Gallery —More than any other first family in recent memory, Barack and Michelle Obama have embraced the local restaurant scene. We've compiled a list of destinations where at least one of them has dined (though what they actually ate is often a state secret).

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Juliet Elperin covers the White House for the Washington Post. She served as the Post's House of Representatives reporter from 1998-2004, covering the impeachment of Bill Clinton, lobbying, legislation, and five national congressional campaigns. Since 2004 she has been one of the country's leading reporters covering the environment, reporting on science, policy and politics in areas including climate change, oceans, and air quality. She is the author of two books, "Fight Club Politics: How Partisanship is Poisoning the House of Representatives," and "Demon Fish: Travels Through the Hidden World of Sharks." Follow her on [Twitter](#).

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David Wishengrad wrote:

12/22/2013 11:12 AM CST

Juliet,

I don't know if you will read this, but this is why, from someone in the know...

He made this choice because he remembered the Most Important Truth in Life.

"Life is Most Important in Life" is The Most Important Truth in Life.

This is the center of our mutually observed reality.

The evidence of this claim is that anyone attempting to argue this defined center point of reality must use Life to argue a counter position, thus committing hypocrisy (a lie).

Anyone, anywhere, saying anything, anywhere, at any time, that does not agree with the Most Important Truth in Life is lying.

Needlessly killing animals for the needless purpose of personal gratification (taste, unneeded nutrition, fun, etc.) is a violation of The Most Important Truth in Life.

When faced with the choice of what to kill to survive our choice must agree with the Most Important Truth in Life or our choice is a lie. Take the leaf, instead of the whole plant, but remember the final goal is always to do the most for Life. If we must take the whole plant, then we must.

The chances of "plants" themselves evolving intelligence to the point of getting Life off of this planet and/or protecting this planet from celestial impacts, etc., before such an event occurs is not

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Arnold Van Wakeren wrote:

1/22/2014 5:17 PM CST

The most important truth in life being "Life is most important in Life" is a statement without beginning and without end and can therefor not be qualified or dismissed.

It is more important though to remember where Life came from, thus the most important truth in life is "Thou shalt love the Lord thy Creator with all thine Heart, Soul and Spirit", for the One who gives and takes is more important than the one who merely exists.

It comes down to an American folk singer, Bob Dylan, when he wrote: "You gotta serve somebody."

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DKeller wrote:

12/2/2013 12:03 PM CST

when is he going to give up lying?

[Like](#) | [Reply](#) |



nychap44 wrote:

11/27/2013 1:50 PM CST

Al and Bill are worth a hundred million dollars each. They can afford private chefs to plan their Vegan meals.

they spend more money on vegan food than most people earn in a couple of years. Vegan food that

is prepared for them tastes better than fat laden food. It is true. The average Joe can't do it right.

Like | Reply |



Vegandad wrote:

11/27/2013 4:02 PM CST

I am a vegan along with my fiancé and our 3 kids. We are all broke as a joke and still eat healthy purely plant based foods.

Like | Reply |



Erica Bial wrote:

11/27/2013 10:42 PM CST

this is pretty ill informed. compared to meat and dairy based foods, vegan foodstuffs, in general, will be (or should be) cheaper. Unless you're eating nothing but the least expensive way to get in a thousand calories (McDonald's dollar menu), classic old-world and simple vegan cuisine (rice, beans, seeds, veggies, fruits, grains) will fill your belly far less expensively than steaks and cheeses... There is absolutely no reason beyond a lack of culinary knowledge that would prevent an "Average Joe" from doing it right - just like how to cook a perfect steak, making perfect vegetables takes knowledge and skill if you want it to taste right. Adding fat, after a while, actually dulls the palate and makes most people feel full and bad. When you grow accustomed to leaner, fresher, better food, heavy fatty processed stuff really does start to taste like what it is - bad for you.

Like | Reply |



bduggins wrote:

11/29/2013 6:13 PM CST

I ate a Chipotle vegetarian burrito tonight, and it was great (brown rice, beans, tomato salsa, green and corn salsas, fajita onions and peppers, guacamole, and lettuce. Yummm. You can get calories from whole food, plant based starches, better and cheaper than from meat, dairy, or fats and oils.

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putzel wrote:

11/27/2013 10:51 AM CST

This is not true - he has always been a vegan. "Vegan-ism" was his idea.

He is just not the type to toot his own horn.

Like | Reply |



Preston Huey wrote:

11/30/2013 5:34 PM CST

Ha! Yeah, sure....

Like | Reply |



Heather Moore wrote:

11/27/2013 9:58 AM CST

It's about time! True environmentalists were vegan way before Gore was even pushing energy-efficient light bulbs and other band-aid fixes. But better now than never! Especially since a new study just showed that methane emissions from factory farms are even higher than previously expected. By going vegan, Gore will now actually help halt climate change and other environmental problems and conserve resources.

Like | Reply |



dfs wrote:

11/27/2013 10:47 AM CST

A summary of that study on methane is available here:
<http://www.montrealgazette.com/technology/methane+...>

On the global warming effects of animal agriculture, this little report is pretty informative:
<http://na.unep.net/geas/getUNEPPageWithArticleIDSc...>

Like | Reply |



David Wishengrad wrote:

12/22/2013 11:33 AM CST

People are not environmentalists or vegans.
People are not their actions.
We are not doctors, we practice medicine.
Johnny is not a bad boy. He did a bad thing.

Life is Most Important in Life. The sentence before this is The Most Important Truth in Life.

The Most Important Truth in Life states that we "ARE" "Life" and "Most Important".

This is what the Most Important (ABOVE ALL ELSE) is what we really are. We are Most Important and Life. We all are Equal in The Most Important Truth, as it is granted to all Life.

The fastest and surest way to turn someone away from real veganism is to call anyone a vegan and impart the lie if inequality to another.

I have been at this for over 30 years. I have seen many different techniques for attempting to sway the chooses of others. Nothing works better and is more efficient than Life is Most Important in Life; The Most Important Truth in Life, in reaffirming the sane and whole core of another person. Nothing ever has and probably ever will.

If we want people to take the responsibility to make better choices why should they if we imply to them that they "are" in some way, less than Most Important; the Truth?

Like | Reply |



jwdkturner wrote:

11/27/2013 8:37 AM CST

To think this idiot was within a heartbeat of being President for 8 years and nearly won an election on his own. As much as I disdain the current guy for his bad policies, at least he has the sense to balance his burgers with Michele's good garden food.

Like | Reply |



PD Quig wrote:

11/27/2013 8:12 AM CST

Most whales eat nothing but tiny krill and yet they still have ample blubber. Unfortunately for Gore, most of his blubber lies between his ears. There has never been a greater hypocrite than the money-grubbing, jet-setting, massive carbon consumer preacher of environmentalism. My guess is that the paparazzi get a picture of Algore eating a 1/2 hamburger within one year--keep true to his hopelessly hypocritical, lying-a ssed self.

Like | Reply |



yi35 wrote:

11/27/2013 8:49 PM CST

what a useless remark that reveals your self-loathing

Like | Reply |



jy151310 wrote:

11/27/2013 7:55 AM CST

Good for Mr. Gore. He is a real leader. When the Presidency was stolen from him, he could have gone after big money. Instead he chose to devote himself to protecting the planet and warning us about the evils of big business. Thank you, Mr. Gore. You are a true citizen of the world and a hero to concerned people everywhere.

Like | Reply |



jwdkturner wrote:

11/27/2013 8:26 AM CST

Huh? He did go after big money. He was into lots of crony deals. Don't you remember him selling his TV network to Al Qaeda, er I meant Al Jerreza?

Like | Reply |

2 



bandit1 wrote:

11/27/2013 9:09 AM CST

visit reality some day - the worlds first carbon trading billionaire didn't go after big money?
Sells his propaganda arm to Al Jazera?

Like | Reply |

1 



Orange Jehoshaphat wrote:

11/27/2013 11:55 AM CST

Both the 2000 and 1960 presidential elections were marred.

Kennedy beat Nixon in 1960 through extensive, planned and executed voter fraud run out of Chicago by Mayor Daley .

In contrast, Bush beat Gore in 2000 through a mixture of after-the-fact pressure on Florida's Sec. of State and a right-leaning Supreme Court.

While both were ugly, Kennedy's election is the only one which was predicated on organized criminal intent and action.

Like | Reply |

1 



bandit1 wrote:

11/27/2013 7:10 AM CST

The headline is beyond parody - scam artist changes eating habits and it's in the newspaper - with little fanfare.

Like | Reply |

5 



Dal Meshugga wrote:

11/27/2013 7:18 AM CST

Veganism is not merely a matter of personal dietary preferences. Al Gore was faulted for years for not giving adequate attention, in his environmental advocacy work, to the harms associated with animal agriculture. If you do not know why many people may consider the story newsworthy, perhaps you are ill-informed on the relevant debates and thus grossly underestimating how serious they are. Or, perhaps you are seeing the story in a myopic way as though it is ONLY about Gore and his dietary choices. There is a lot more going on, though.

Like | Reply |

4 



RickCaird wrote:

11/27/2013 7:21 AM CST

Dal, that is silly. Gore has been an advocate of the Global Warming theory. Whether he goes vegan or not, makes essentially zero contribution to that effort. Now, if he wanted to downsize his mansion and carbon footprint...

Like | Reply |

4 



Dal Meshugga wrote:

11/27/2013 7:38 AM CST

What is silly is to keep denying the reality of climate change. There are connections between our diets and climate change. Yes, downsizing his mansion would be a good move, too. That he is not perfect does not entail that his move to a plant-based diet is not a wise move in terms of helping other animals, his own health, and the environment.

<http://www.theguardian.com/environment/2010/jun/02...>

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1 

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YellowJacket wrote:

11/27/2013 6:47 AM CST

I guess this means we will now have to debate health care for animals who will be dying from old age diseases. They will, no doubt, eventually insist that all of us become vegans and will propose food control laws.

Like | Reply |



Nicomachus wrote:

11/27/2013 7:28 AM CST

I don't think we are quite there yet, YellowJacket.

Are you a descendant of Thomas Taylor by any chance? In 1792 he argued that women should not be given the right to vote. Why not? If you give women the right to vote, he said, next you'd have to give the vote to the brutes.

There are already ongoing debates about senior care for elderly animals -- at least those we elevate and consider our companions.

Like | Reply |



JiminGA wrote:

11/27/2013 6:43 AM CST

Gore is likely thinking global warming will wipe out the animal population so he's getting a head start on veggies. Silly? Remember that AI makes money on everything he touches and has become very rich with things we all think are silly liberalism.

But won't all that broccoli cause an increase in methane in the atmosphere?

Like | Reply |



Kevin Stowell wrote:

11/27/2013 6:39 AM CST

Why is this news? Who didn't already have him pegged for a vegetable?

Like | Reply |



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