

# **Radio Interview: Go Vegan Radio with Bob Linden (03/29/2015)**

Our co-founder, Dr. Sofia Pineda Ochoa, discusses health, environmental and ethical issues with Bob Linden on Go Vegan Radio this evening (March 29, 2015). Thank you to Bob Linden for having her on his broadcast to discuss these important issues. You can hear Dr. Pineda Ochoa's interview below:

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# **Radio Interview: Launching Meat Your Future (03/17/2015)**

Our co-founders, Sofia Pineda Ochoa and Bob Rapfogel, discuss the creation of Meat Your Future last week on KPFT 90.1 FM Houston, last week on March 17, 2015. Bob Linden was interviewed during the first half of show, and our segment covered the second half. Many thanks to Michael Battey for hosting us on World Vegan Radio. You can listen to our interview below, and an archive of the full show is available [here](#).

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## **Protein Basics**

There are many misconceptions about dietary protein. This first video chapter is intended to provide the fundamental basics of what protein is, what essential amino acids and complete proteins are, and the primary differences (and similarities) between plant and animal sources of protein.

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## **Animal Protein and Cancer**

This video chapter summarizes the medical literature addressing the links between animal protein consumption and increased cancer risk.

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## **Website Pre-Launch**

We have taken the website “live” in order to complete some final technical work. If you happen to visit the website during this time, please feel free to explore the draft content that’s currently posted, but keep in mind that it is not yet finalized.