

# The First Hospital in The World To Offer Exclusively Vegan Food



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Chairman - Hayek Hospital SAL



## Why did Hayek Hospital turn vegan?

1. Meat is classified as carcinogenic by the World Health Organization. Processed meat is in group 1A carcinogenic, same group as tobacco, and red meat in group 2A carcinogenic.
2. Eggs cannot be called healthy or safe according to the USDA. They are extremely high in cholesterol and saturated fat.
3. CDC stated that 3 out of 4 new or emerging infectious diseases in humans come from animals, such as Ebola, MERS, SARS, Swine flu, bird flu, coronavirus...
4. Dairy is high in cholesterol, saturated fat and growth hormones such as Estrogen, Progesterone, Prostaglandin and Cortisone. The same hormones that are linked to breast and prostate cancers.
5. Chicken has a high rate of intestinal bacteria such as E.Coli, Enterococcus and Salmonella. It is also high in saturated fat, growth hormones and antibiotics.
6. Fish is high in mercury, in Mycobacterium, in Polychlorinated biphenyls (PCBs), in Micro Plastic and Parasitic Worms.
7. The number one killer in humans is heart disease, chronic diseases and major cancers are all a result of eating animals and their products.
8. Feeding and killing more than 80 billion land animals and 2.7 trillion sea animals is neither ethical nor moral

Since March first, 2021, our patients no longer wake up from surgery to be greeted with ham, cheese, milk and eggs... the very food that may have contributed to their health problems in the first place...

During our transition period, our patients were given the choice to choose between an animal-based meal and a vegan meal.

And during this phase, our patients were provided with information on the benefits of an exclusive plant-based whole food diet versus the dangers of animal-based food consumption.

We believe it's about time to tackle the root cause of diseases and pandemics and not just treat symptoms: for our health, for our planet and for our fellow earthlings. There's an elephant in the room that no one wants to see. When the World Health Organization (WHO) classifies processed meat as group 1A carcinogenic (causes cancer), in the same group as tobacco, and red meat as group 2A carcinogenic, then serving meat in a hospital is like serving cigarettes in a hospital.

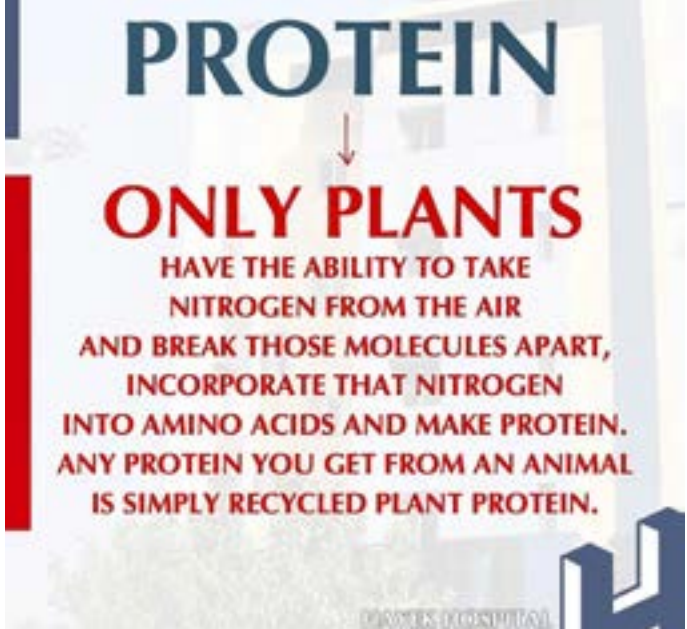
The CDC (Centers for Disease Control and Prevention) declares that 3 out of 4 new or emerging infectious diseases come from animals and adopting a plant based exclusive diet has been scientifically proven to not only stop the evolution of certain diseases but also to reverse them. We then, have the moral responsibility to act upon and align our beliefs with our actions.

Taking the courage to look at the elephant in the eye

- when there's more than 1 billion starving people.
9. Animal agriculture is the leading cause of climate change, pandemics, resource depletion, rainforest deforestation, species extinction and more.
  10. The owner of Hayek Hospital is the founder of Lebanese Vegans.
  11. For all those reasons and many more, Hayek Hospital has decided to remove all animal based food from its premises.

## Here are some questions answered by Mr. Hayek:

- 1. Are all patients satisfied with the vegetarian food you provide?**  
We serve vegan plant-based food, not vegetarian. Once we provide our patients with tasty and nutritious food, there's no reason why any patient wouldn't be satisfied. Our patient satisfaction survey confirms it. Keep in mind that our traditional Lebanese food, is by default, vastly plant-based vegan food. Think about hummus, mjaddara, foul, balila, mtabbal, wara' enab, berghoul bi banadoura, fattoush, tabbouleh, zaatar, mdardara and many more. The very same food people gladly eat for lent.
- 2. What alternative do you have if they refuse meals?**  
No patient has ever "refused" a meal. Some would question why we're not serving flesh aka "meat", cows' bovine mammary gland secretions aka "milk" or coagulated secretions aka "cheese". Our vegan dietitian makes sure to provide those patients with adequate information on why we omitted such "food" and why we replaced it with healthy vegan plant-based food.
- 3. Has serving vegan food in the hospital been reflected in the cost?**  
We provide alternative to "meat" and dairy thus the cost remains relatively unchanged.
- 4. What type of vegetables and plants do you focus on when preparing meals?**  
All seasonal fruits, legumes, lentils, beans, chickpeas and vegetables are part of our well-balanced meal, covering all essential nutrients.
- 5. Do you provide meals outside the hospital?**  
The cafeteria offers food for visitors as well as for take away.
- 6. Do you have another project for the hospital in the future?**  
We are in the process of preparing a well-designed and detailed blueprint for other hospitals to follow. Hoping for the health sector to go back to its primary and main mission: humanitarian.



To be able to do this transition many conferences and training sessions were held.

**7. Did you rely on a specific educational and training program for hospital workers?**

We rely on studies from credible sources such as the 'World Health Organization', 'Cancer Research Uk' and many more while preforming.

Following our footsteps, on January 9, 2023 New York City Hospitals started serving plant-based meal for in-patient at all of its 11 public hospitals, taking the ethical decision to do so.

Again, the question should not be why Hayek Hospital turned vegan and stopped serving carcinogenic "food", but why other hospitals are still serving carcinogenic "food".

