

October 28, 2008

To: Maureen McCormick, c/o Barry Greenberg

From: Michelle Cho

Via e-mail

Dear Maureen,

I hope that this finds you well. Congratulations on the release of your book, *Here's the Story: Surviving Marcia Brady and Finding My True Voice*. As you might know, PETA is the largest animal rights organization in the world, with more than 2 million members and supporters dedicated to the protection of animals. You have many fans here at PETA!

I'm writing today because we read about your desire to lose weight and wanted to let you know that adopting a [vegan](#) diet has helped millions around the world shed unwanted pounds. Despite the growing number of "diets" that claim to produce immediate, long-lasting results, obesity is one of the most pressing health problems in the U.S., and it will soon become the country's leading cause of preventable death.

Because vegetarian diets result in long-term weight loss, it's no surprise that studies show meat-eaters have three times the obesity rate of vegetarians and nine times the obesity rate of vegans. Of course, it's still possible to be an overweight or obese vegan (just as it's possible to be a thin meat-eater), but adult vegans are, on average, 10 to 20 pounds lighter than adult meat-eaters.

Not only will a vegan diet help you slim down, it will also help you fight an array of ailments, including heart disease, diabetes, arthritis, and certain types of cancer. Going vegan is also the easiest thing that you can do save the environment and spare the lives of thousands of animals who are slaughtered for food each year.

It's never too late to turn over a new leaf—you can lose weight and take control of your health today by going vegetarian! Please check out [PETA's "Vegetarian Starter Kit,"](#) which includes delicious recipes to help you in the kitchen as well as testimonials from other vegetarian celebrities.

If I can be of any assistance, please don't hesitate to contact me. Thank you.

Kind regards,

Michelle Cho
PETA