



Ozzy Osbourne Discusses Vegan Diet, FOK on CBS's "The Talk"

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Ozzy Osbourne said he was trying a vegan diet after recently watching Forks Over Knives. The 62-year legendary performer said, "My assistant showed me a video called Forks and Knives or something, about cutting out meat and dairy products, so I thought, 'I'll give this a shot!'" [Watch the video \(5:05\)](#).