



Renowned Filmmaker James Cameron Praises Forks Over Knives, Adopts Plant-Based Diet

By Forks Over Knives
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Legendary filmmaker James Cameron, speaking to an audience at the BLUE Ocean Film Festival a few weeks ago, praised *Forks Over Knives* which inspired him to adopt a plant-based diet. Cameron said, "We're always talking about what are the action items when we make a documentary? What are we asking people to do? What are the changes they can make in their daily life? Well, I'm gonna tell you one: I watched that film *Forks Over Knives*. I went into the kitchen, I took everything out of the kitchen that was not a plant. And for 5 1/2 months I've eaten only plants. No meat, no dairy, no eggs, no fish."

The Academy-award winning director said he is feeling healthier and has increased cardiovascular endurance since beginning his regimen. Cameron, a long-time environmental advocate, also challenged the audience saying, "You can't be an environmentalist, you can't be an ocean steward without truly walking the walk; and you can't walk the walk in the world of the future, the world ahead of us, the world of our children, *not* eating a plant-based diet."

Cameron directed several of Hollywood's biggest blockbusters including *Aliens*, *Terminator*, *Titanic*, and *Avatar*. He won the Academy Award in 1997 for Best Director for *Titanic*, which also won Best Picture.

Watch the video below to view James Cameron's remarks.