

---

---

# Veganism

— Vegan - A person who doesn't eat any products from animals or use products with animals involved in any way —

---

---

# Why go vegan?



- Preventing the exploitation of animals- reducing animal cruelty and livestock farms by boycotting them
- Improves your health - lowers cholesterol, blood pressure, heart diseases, t2 diabetes, some cancers, obesity and many more.
- Lowers carbon footprint by up to 73%
- More sustainable - takes up less land
- Makes you more open minded and aware
- Increase in life expectancy as you have less health issues
- Reducing industrial meat products
- Less ready-made meals, forcing you to cook meals that you like

# Disadvantages of going vegan

- Hard to find sources of food with vitamin B12 if uneducated/new to veganism(nutritional yeast is a source)
- More pricey if you want to buy the expensive alternatives- it's better to have a lifestyle with more whole foods which are cheaper



# Animal product alternatives

Cow milk - Nut milk, Soy milk, Rice milk, hemp milk, oat milk

Meat - tofu, tempeh, beans, seitan(vital wheat gluten), textured vegetable protein, soya chunks, mushroom, jackfruit, lentils

Cheese - Violife, Applewood, Koko, Nutritional yeast

Eggs - Tofu(scrambled eggs), aquafaba(meringue), black salt(egg flavour), flaxseed/banana/tofu/applesauce(replacement in baking)

Fish - king oyster mushrooms, tofu, chia/flax seed, nuts



# Vegan junk foods

- Fox's party rings
- Oreo's
- Crisp flavours like salted, salt and vinegar, prawn cocktail
- Haribo rainbow stripes
- Bournville dark chocolate
- Digestives with no chocolate
- Skittles



# Restaurants with vegan options

- Nando's - Imitator burger and Perinaise
- Papa John's pizza - vegan cheese option
- Indian restaurants are vegetarian but can have vegan options
- Pizza express
- Wagamama - Vegan katsu curry
- Itsu - dumplings
- Pizza hut - vegan cheese option
- Leon





HAPPY

*Veganuary*

