

A Pocket Guide to Veganism



What is veganism?

Veganism is a way of living that seeks to exclude, as far as is possible and practicable, cruelty to and exploitation of animals. In dietary terms, this means avoiding eating animal products like meat, dairy, eggs and honey.

Why Vegan?

It's better for animals!

The majority of animals who are bred for consumption spend their short lives on a factory farm, before facing a terrifying death. Chickens like Bramble here spend their lives in tiny, windowless sheds. She had no



access to natural light, fresh air, or even grass. Thankfully she was saved from slaughter. But many others aren't as lucky.

It helps the planet!

Animal farming is responsible for more greenhouse gas emissions than all motorised transport combined. In addition, it is responsible for vast amounts of deforestation and water pollution around the world. The carbon footprint of a vegan diet is as much as 60% smaller than a meat-based one and 24% smaller than a vegetarian one.

It's healthy!

You can obtain all of the nutrients your body needs from a vegan diet. As such, the British Dietetics Association and American Academy of Nutrition and Dietetics (along with many other similar organisations around the world) all support a well-planned vegan diet as being healthy and suitable for all age groups.

Shopping

It has never been easier to be vegan, with plant-based foods now available in every single supermarket. Thanks to Animal Aid's #MarkItVegan campaign, the vast majority of supermarkets now clearly label their own-brand vegan products!

Brands to look out for...

Milk alternatives:

Alpro, Oatly, Dairy-Free Dreams, Good Hemp, Koko Dairy Free, Rebel Kitchen. Every supermarket now has its own-brand soya milk with some also stocking their

own-brand almond, coconut and oat milks.



Cheese alternatives:

Violife, VBites 'Cheezly', Bute Island Food/Sheese, Follow Your Heart, Daiya.

Sausage alternatives:

Linda McCartney*, Fry's, VBites, Cauldron*, Tofurkey, Taifun, Vegetarian's Choice, Wheaty, Quorn*, No Bull.



Burger alternatives:

Linda McCartney*, Fry's, VBites, Cauldron*, Vegetarian's Choice, Wheaty, Quorn*, Amy's Kitchen*, Sgaia Mheat, Beyond Meat, No Bull, Strong Roots.

Mince alternatives:

Fry's, VBites, Textured Vegetable Protein (TVP),

Naturli' Plant-Based Mince.

Yoghurt alternatives:

Alpro, Koko Dairy-Free, Nush, Sojade, CoYo.

Butter alternatives:

Pure, Flora*, Naturli' – spread and block, Koko Dairy Free, Supermarket own-brand dairy-free spreads.*



Supermarket own-brands

Most supermarkets produce their own-brand frozen and chilled vegan meat and dairy alternatives. Just check the *Free From* and *Vegetarian* sections.

**Not all products made by these companies are suitable for vegans – please check packs for details.*



Vegan nutrition

“With good planning and an understanding of what makes up a healthy, balanced vegan diet, you can get all the nutrients your body needs.”

– ***NHS Live Well Guide.***



“A balanced vegan diet can be enjoyed by children and adults, including during pregnancy and breastfeeding, if the nutritional intake is well-planned.” – ***British Dietetics Association.***

A balanced vegan diet will provide all of the nutrients your body needs to thrive.

However, there are a few things that need a bit more planning. But once you know where to obtain these nutrients from, it is actually very simple:

Protein – Soya products such as tofu, tempeh and soya milk, pulses (lentils, beans, chickpeas), peas, legumes, whole grains, quinoa, vegan ‘meat’ alternatives made from pea protein or soya.



Vitamin B12 – Fortified cereals, fortified plant-milks (soya, oat, almond, coconut), yeast extracts (Marmite), fortified nutritional yeast, fortified vegan spreads/ ‘butter’ alternatives, a vegan supplement.



Vitamin D – Mushrooms which have been exposed to sunlight, fortified products such as plant-milks, a vegan supplement.

Iodine – seaweed/nori, kelp, green leafy vegetables, certain fruits (strawberries, prunes) contain small amounts, iodised salt, a direct supplement.



Omega Fatty Acids – Walnuts, linseeds (flaxseeds), chia seeds, rapeseed oil, hemp seeds.

Eating out

Most chain restaurants and takeaways now have vegan options, even full vegan menus.



Frankie
& Benny's



CAFFÈ
NERO



Italiano
Zizzi
Ristorante




Harvester

Useful websites and apps

Vegan Recipe Websites

Minimalist Baker:

www.minimalistbaker.com

The Buddhist Chef:

www.thebuddhistchef.com/recipes/

Jack Monroe's Cooking On a Bootstrap:

www.cookingonabootstrap.com/category/vegan-2/

(Note: Only the recipes in the 'Vegan' category are vegan)

Thug Kitchen:

www.thugkitchen.com/recipes

Animal Aid:

www.animalaid.org.uk/veganism/vegan-recipes/



Nutritional Advice

The Vegan RD:

www.theveganrd.com

The Vegan Society:

www.vegansociety.com/resources/nutrition-and-health

The NHS Eat Well advice for vegan diets:

www.nhs.uk/live-well/eat-well/the-vegan-diet

Vegan Health, evidence-based vegan nutritional advice:

www.veganhealth.org

Other

Barnivore, check which alcohol is vegan:

www.barnivore.com

The Vegan Filter, Google Chrome add-on which automatically filters certain sites for vegan products:

www.theveganfilter.com

About Animal Aid

Animal Aid campaigns peacefully against all forms of animal abuse and promotes a cruelty-free lifestyle.

Our campaigns include:

- Exposing the plight of animals through undercover investigations into factory farms, slaughterhouses and 'game' bird farms.
- Encouraging and supporting people in adopting a cruelty-free diet through our information packs and annual Summer Vegan Pledge.
- Political lobbying to ensure animals have a voice in the corridors of power.
- Working with companies to increase the number of plant-based options available on restaurant menus and beyond.
- Sponsoring and supporting vegan fairs all over the country. We are proud to help local groups put on cruelty-free events. To find out if there is one in your area, please visit: [**www.animalaid.org.uk/events**](http://www.animalaid.org.uk/events)



AnimalAid



@AnimalAid



@animalaid_uk



animalaid.org.uk