

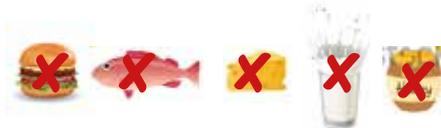
Bite-size vegan



What does being vegan mean?

Being vegan means avoiding eating animal products such as meat, fish, eggs, dairy and honey. Vegans also don't wear fur, leather, silk or wool and avoid using cosmetics and toiletries that have been tested on animals.

Anyone can be vegan and, increasingly, many people are now making the decision to cut cruelty from their diet.



Some people like the taste of meat or dairy but don't want animals to suffer, so they use alternatives to these foods.

Most vegans also choose to avoid entertainment that involves cruelty to animals, such as horse and greyhound racing, zoos and aquariums and cruel sports such as pheasant shooting, hunting and fishing.

It isn't just about food

Being vegan isn't just about food. There are other ways to help animals and the environment.

1 Only buy cosmetics, toiletries and household products that haven't been tested on animals - look for the leaping bunny logo.



2 Don't wear anything that comes from an animal, e.g. leather, wool, fur or silk.

3 Only donate to charities that don't fund animal testing. For a full list of charities that do and don't test on animals visit victimsofcharity.org.uk



4 Adopt don't shop. Give a home to an animal who desperately needs one. Go to your local sanctuary. Don't buy from breeders or pet shops.



Basic nutrition

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.

IRON

Pulses (beans, lentils, chickpeas), soya foods such as tofu, green leafy vegetables (such as broccoli, watercress, kale), nuts (especially cashew nuts), seeds, dried fruit and quinoa.

CALCIUM

Calcium-set tofu, calcium-fortified plant milks and yogurts, and bread fortified with calcium, leafy green vegetables and dried figs.

For detailed info about vegan nutrition visit animalaid.org.uk/nutrition

Animals

Every year in the UK, around 1 billion animals are bred and killed for food, and that number doesn't include fish.

The majority of animals raised to be slaughtered for food are reared on factory farms and killed at just a few months or weeks old.

Think about the dairy cow for a minute. Just like humans, cows need to have a baby to produce milk. Sadly, calves are normally taken away from their mothers at just one day old because the farmer wants to sell the milk to humans. The female calves will go into the dairy herd and the males will either be reared for veal or simply shot.



Friend or food?

Pigs and dogs are amazing and have incredible personalities. Both animals can show you unconditional love and affection and can be trained to sit and do tricks. Both have the capacity to feel pain and to suffer.

So why do we eat pigs and not dogs? Well, it would be cruel and gross to eat a dog or cat, wouldn't it? So, why isn't it cruel to eat a pig, a cow, a sheep or a chicken? They are essentially the same. They all form close bonds with their babies, and all deserve the same amount of protection and care.



Why people choose vegan

Environment

Animal farming is a major cause of environmental destruction. For example, rearing animals for food is responsible for more greenhouse gas emissions than all motorised transport combined. The carbon footprint of a vegan diet can be as much as 60% smaller than a meat-based one and 24% smaller than a vegetarian one.

Animal farming is also the number one cause of rainforest destruction and species extinction.

Health and 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.

Make sure you get plenty of protein, iron, B12 and iodine. These are all easily available on a healthy, well balanced, vegan diet.

'Appropriately planned vegan diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes.' - American Academy of Nutrition and Dietetics.



Visit animalaid.org.uk/nutrition for more information on vegan nutrition



Shopping

It has never been easier to buy vegan food.

Go to the plant-based/vegan/free from sections in your supermarket chiller or freezer areas and check out all the products that are labelled vegan. The vast majority of supermarkets now clearly label their own-brand vegan products.

There are pizzas, burgers, sausages, ready meals, pies, puddings and pastries to suit all budgets and tastes.



Take a look at the ingredients on biscuits, crisps, pot noodles, pasta and pasta sauces, etc, to check that they don't contain hidden animal products such as animal fat, lactose, whey, milk, honey, gelatine, or cochineal.

Supermarkets also stock a huge variety of well-known brand alternatives to meat, fish and dairy products.



TOP TIP

If you see this on packaging: 'May contain traces of milk and eggs' don't worry too much about this unless you are allergic to those ingredients. It just means that they have been made in a factory that also uses those ingredients. It's for health & safety.

Replacing ingredients in cooking

Honey - You can use different syrups to replace honey. Golden syrup, agave and maple make excellent honey substitutes and no bees are harmed in the process!

Eggs - Tofu is delicious as a scrambled egg alternative. And for cakes and sweet treats you could try an egg-replacer, which most supermarkets stock. Many vegan cake recipes use vegetable oil and vinegar instead of eggs.

Milk - Plant-based milks such as soya, almond and oat are widely available now. They all taste slightly different, so experiment to see which ones you prefer.



Easy swaps

You can easily adapt many common meals to be vegan.



Vegetable curry



Pizza



Spaghetti Bolognese



Burger and chips



Sausage and mash

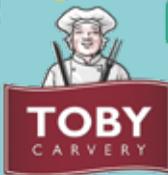
Visit animalaid.org.uk/vegan101 to watch some simple dishes being made and to download the recipes.

Eating Out

These days, we are spoilt for choice when we want to grab a vegan bite to eat. Most chain restaurants, coffee shops and takeaways now have vegan options. Some even have full vegan menus.

And don't forget local, independent cafés and restaurants. Some of them offer a fantastic array of delicious vegan treats.

And of course, Chinese, Indian and Thai food is often very vegan-friendly.



Here are just a few places that you might recognise when out and about that offer a vegan snack or meal.



Staying vegan

Most people don't go vegan overnight. Why not start by going vegan one day a week? As you get more used to the huge range of foods that are now available and know what to avoid, shopping and eating out will become much easier.

To get a **free Go Vegan pack**, which includes stickers, recipes, factsheets and a badge, email youth@animalaid.org.uk

Useful websites

- ▶ animalaid.org.uk/veganism/vegan-recipes
- ▶ vegansociety.com



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