



Vegan Day 1: Vegan Life Explained

Paul Perez

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There are many different approaches to eating. Some people eat anything and everything. Others don't eat meat or they eat meat once a week. Others avoid meat and animal products all together. They embrace a vegan lifestyle. A vegan is someone that does not eat any animal products. That means they don't eat meat. They also don't eat eggs or dairy. No butter, no cheese, and no milk. Most vegans also don't eat honey. Many vegans avoid meat for a number of reasons including but not limited to: • Health concerns – there are statistics connecting animal products to disease. • Moral beliefs – many vegans have beliefs connected to not using animals for human gain. That means that they also don't wear leather or use any products tested on animals. • Environmental concerns – farming animals and animal products is believed by many to be detrimental to the environment. We'll look at these reasons more closely in a bit. First, let's take a closer look at some statistics about being vegan and what the lifestyle involves. Veganism is growing in popularity. There are now one million vegans in America. It's increased, along with vegetarianism, quite significantly over the past few years. Almost 70 percent of vegans are women. Almost half of the people who are vegans started their new lifestyle because they saw a movie or read a book about the benefits of veganism or the downside of eating meat. And many vegans gradually transitioned to the lifestyle. For example, many people become vegan by default. Their spouse or partner is vegan and they eventually become vegan themselves. Some experience a health scare, like a heart attack, and decide that being vegan is the path to better health and a longer life. So, what does it mean to be vegan? The chapters in the book are: 1. Vegan Life Explained 2. The Health Benefits of a Vegan Diet 3. Why Eat Vegan? What Are the Benefits to the Environment? 4. Food Options? 5. When Initially Going Vegan... 6. The Positives and Negatives of Going 100% Vegan 7. Do You Need Supplements? 8. Dining Out and Talking about Vegan Lifestyle with Friends and Family 9. The Big Step...Embracing Vegan Living? 10. Protein, Protein, Protein 11. Simple Non-Dairy Ways to Get Your Calcium 12. B-vitamins Are Vital 13. Make Sure Your Getting Those Fats 14. Tasty Snacks 15. Traditional Breakfast Choices 16. Fun Lunch Suggestions 17. Dinner Menu Ideas 18. Is This Lifestyle expensive? Going vegan? This book will help.

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