VEGAN LIFESTYLE

THE JADED FORK
BENEFITS OF VEGAN LIFESTYLE

- Can assist with weight loss
- Assist in maintaining a healthy heart
- Richer in certain nutrients (antioxidants, richer in potassium, magnesium, Vitamins A, C, and F)
- Appears to lower blood sugar
- Improves kidney function
- May protect against certain cancers
- Linked to lower risk of heart disease

Reference: Healthline.com
<table>
<thead>
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<th>Vegan:</th>
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<td>■ A person who does not eat animal or animal by product</td>
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<td>■ A person who does not use products containing or derived from animals</td>
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Examples of vegan choices:

- No meat (chicken, beef, pork, fish etc.)
- No derivatives.
  - No dairy (eggs, cheese, milk, butter)
  - No honey
  - No meat broths or stocks, sauces, condiments (mayonnaise, Worcestershire, Caesar dressing)
  - No leather, makeup, silk, cashmere
## Why vegan?

- **Ethical**
  - *Decreases animal cruelty*

- **Environmental**
  - *Preserves land and resources*
  - *Reduces animal waste run off/pollution*

- **Health**
  - *Lower calorie choices, more filling*
  - *Healthier fats*
Want to try?

- Start small

- Eliminate meat and dairy from one meal a day for a week
  - Breakfast and lunch are easy options:
    - Cereal with a nut milk, or a granola bar made with agave, and a piece of fruit
    - Salad with farro, roasted vegetables, toasted seeds and a vinaigrette
    - Vegetable soup with egg free pasta and dairy free corn muffins

- Then eliminate meat and dairy from two meals a day for a week
### Other options

- **Vegetarian**: eats no meat, but does eat dairy (egg, milk, cheese)
- **Pescetarian**: eats no meat, but does eat dairy and fish/seafood
- **Whole-food vegan**: whole plant foods such as fruits, vegetables, whole grains, legumes, nuts and seeds
- **Raw food vegan**: raw fruits, vegetables, nuts, seeds, or plants cooked lower than 118 degrees F, or consumed raw
Substitutions:

- **Protein**
  - "complete protein" refers to amino acids, the building blocks of protein
  - There are 20 different amino acids that can form a protein, and nine that the body can’t produce on its own
  - These are called essential amino acids—we need to eat them because we can’t make them ourselves
  - In order to be considered “complete,” a protein must contain all nine of these essential amino acids in roughly equal amounts
Proteins
- Meat and eggs are complete proteins. Not apart of the vegan diet though.
- Substitute with:
  - Quinoa
  - Buckwheat (soba noodles)
  - Soy (firm tofu)
  - Combinations of: rice and beans, rice and lentils, rice and chickpeas
  - Ezekiel bread (wheat, barley, beans, lentil, millet, spelt)
  - Seitan (meat substitute, gluten, soy, broth)
  - Hummus and pita
  - Chia slurries
  - Peanut butter and bread
Substitutions:

- Meats and dairy contain saturated fats, these are not apart of the vegan diet
- Healthy Fats:
  - *Monounsaturated: reduce bad cholesterol, lowering your risk of stroke and heart disease*
    - almonds, brazil nuts, walnuts
    - Tahini, sesame oil
    - Avocado
    - Olive oil
    - Soy or sunflower oil
Fats:

- **Healthy Fats:**
  - *Polyunsaturated fats*: reduce bad cholesterol, lowering your risk of stroke and heart disease
  - *Also provide essential nutrients that build and maintain your body’s cells, omega-3 fatty acids (nervous system, eye and brain health)*
    - Chia and Flax seed
    - Corn and peanut oil
    - Hemp
    - Walnuts
    - Salmon, tuna, trout, sardines, mackerel (if choosing pescetarian diet)
Arguments

- Not every plant product is more environmentally friendly than every meat product.
- Vegan diet may not be healthier if you do not supplement fats, amino acids, and proteins correctly.
- Animals/livestock may be multipurposeful.