

VEGAN!

WHAT IS A VEGAN?

A **vegan** (pronounced Vee-g'n) is someone who does not eat any meat, poultry, fish, dairy products (milk, butter, cheese, cream etc), eggs, honey or any other animal derived by-products such as gelatine and whey. They also usually avoid wearing leather, suede, wool and silk - as these have all been obtained from animals or insects - and generally avoid toiletries, cosmetics and cleaning products that have been tested on animals or contain animal based ingredients. Instead, **vegans choose from thousands of animal-free foods and products.**

There are roughly 300,000 vegans in the UK.

THE
YOUNG
PERSONS
GUIDE TO
VEGANISM

"Why vegan?" Good question! People

choose to go vegan for:

The Animals

In a lifetime a meat-eater will, on average, chomp their way through over **FIVE THOUSAND** animals!* By switching to a plant based diet, not only will you stop contributing to this mass slaughter of creatures, but you will also save those animals from a lifetime of suffering.

* A recent study by Viva! suggests this figure could be as high as 11,000! www.viva.org.uk



A4 paper for each bird and are given no natural light or bedding. The birds often attack each other out of frustration from being in such an unnatural environment, which is not surprising really!

The slaughter itself is a stressful experience for the animals and many creatures suffer a slow and painful death when they are not properly stunned before being killed.

"That's Terrible! But surely eating fish is OK as they swim free in the sea and we need Omega 3?"



Nope! The single greatest threat to sea life is over-fishing. Farmed fish are not the solution either as they consume large amounts of wild fish: 1 kg of farmed fish will be fed with up to 5 kg of wild fish!ⁱ And, these days, sea fish are full of nasty pollutants like PCBs, dioxins and mercury. Since omega-3 is also found in plant sources such as flax oil, there really is no excuse for that fishy nonsense!



Factory Farming

Factory farming provides little or no thought for the wellbeing or comfort of the animals and birds who are bred to grow as big as possible as quickly as possible. The farmers keep down costs by not providing anywhere near enough space or care needed by the animals. Chickens raised for meat, for example, are squished into giant sheds with only an area about the size of a piece of



"So, should I become a vegetarian to help prevent this cruelty?"

Cutting meat and fish out of your diet is a great step in the right direction, but dairy cows (who produce milk) are not given any easier lives than ones bred for meat. Like humans, cows only lactate (produce milk) after giving birth and so are kept in a constant cycle of pregnancy and lactation. The calves that should be drinking the cow's milk are taken away from their mothers almost immediately: the males are killed straight away or transported abroad to be fattened up and killed for the veal market.

In addition, dairy cows have been bred to produce 10 times more milk than their udders (that's cow boobs to you!) are designed to hold, placing enormous strain on their bodies until the day when their milk yield drops and they are sent to slaughter.

"And eggs?"

Most laying hens are kept in cages so small they can't even stretch their wings, peck or scratch the ground. These poor birds are sent to slaughter after a year of egg production when their yield drops. New chicks are bred to replace the hens but only the females will go on to lay eggs, so at just a day old the 'useless' male chicks are either gassed to death or minced alive.



If a person stops eating meat but continues to eat dairy produce and eggs, they still contribute to the demand for food products that cause this immense suffering.

Go Vegan!

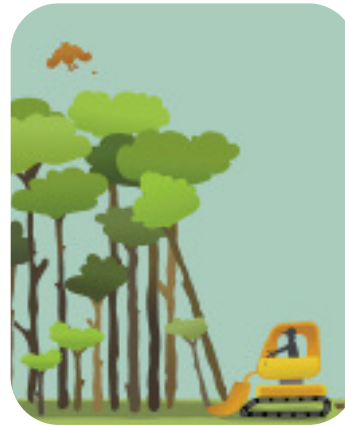


"But organic and/or free range meat, eggs and dairy products don't cause suffering...do they?"

People who are sickened by the cruelty of factory farming sometimes think that free range or organic produce is the answer. Sadly, it is not. Male offspring in the dairy and egg industries are equally worthless and share the same fate as those who are reared the 'regular' way. There is no system of farm production that does not involve the exploitation and suffering of animals.

For more in-depth information about the exploitation of animals, check out:
www.vegansociety.com/html/animals/

The Vegan Society Shop also stocks books on animal rights issues.



To provide enough food to feed the animals eaten by humans, rich countries in the West chop down large areas of rainforest to grow feed crops. A lot of people blame veggies and vegans for the deforestation caused by soya cultivation, but about **90%** of soya protein is actually used to feed animals that will end up on the plates of meat eaters!

For more info
read our free
booklet
'Eating the
Earth?'



The Planet

Unfortunately, not many people know that a varied vegan diet uses **half** the amount of land used to produce a vegetarian diet and **one fifth** of the amount used for a typical meat-based diet ⁱⁱ.

Health

For some reason vegans have been stereotyped as being an unhealthy lot, but a varied vegan diet provides all the nutrients we need for a healthy life. Plant based food is higher in fibre and lower in

Plant based diets also require less water: e.g. to produce 1kg of wheat requires **120 litres** of water, while 1 kg of beef requires **3,700 litres!**ⁱⁱⁱ

And don't forget that all the farts and poo produced by the **45 million** sheep and cattle that are reared for the meat and dairy industries in the UK alone soon add up^{iv} Methane (the gas in those nasty farts) is one of the main gases contributing to global warming.



People

So now your brilliant brain is probably doing the maths, leaving you with the question: 'If producing meat, eggs and dairy products consumes so much land, crops and water, is there enough left over for everyone to eat?' Sadly the answer is 'no'. Farmers in less developed countries such as Ethiopia are driven into poverty by using their best land for growing crops to export to the West as farm animal feed instead of using it to feed their families.

So there you have it - when it's all down in black and white it suddenly seems that the question shouldn't actually be: 'why vegan?' but instead:

saturated fat than meat, eggs and dairy products, which means that a well-planned vegan diet can also decrease your chances of getting heart disease, diabetes and some cancers such as colon cancer.



'why **NOT** vegan?!'

"I want to go vegan but what on earth can I eat?"

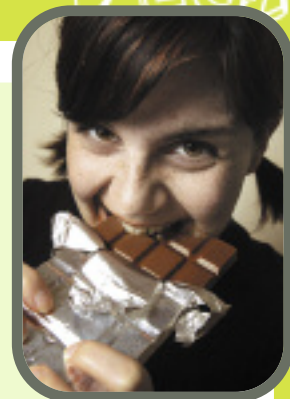
Another cliché about vegans is that they suddenly lose their taste buds and chow down on food that is neither healthy nor yummy. Fortunately, not only is vegan food good for you, but it also tastes **great** and looks **lush!** There are loads of gorgeous dishes that can be made with things like lentils (lovely dhal curry), chickpeas (scrummy



falafel and hummus), beans (chilli non-carne or bean burgers) or tasty tofu. But if this is all a bit alien and 'healthy' to you then you will be happy to know that you can get vegan alternatives for all your favourite foods. Here are just a few examples: ▶▶▶▶▶▶

The Vegan Society's guide *'The Animal Free Shopper'* lists thousands of vegan products that can be found in supermarkets and health food stores such as Holland and Barrett.

- ♦ **Milk:** *soya, rice, almond and oat 'milks'*
- ♦ **Burgers, sausages, bacon, fishless fingers etc:** *Redwood or Fry's fake meat products*
- ♦ **Chocolate:** *Organica ('milk' and white chocolate), Plamil, Green and Blacks, Booja Booja*
- ♦ **Sweets:** *Trebor Softmints, Bassetts Pear Drops. The Vegan Society sells vegan Gummi Bears. Buy vegan marshmallows from www.veganstore.co.uk*
- ♦ **Hard Cheese and Cream Cheese:** *Redwood's super-melting Cheezly or vegan 'cream cheeses' e.g. Sheese or Tofutti*
- ♦ **Cream:** *pouring cream from Alpro; Soyatoo vegan whipping or squirty 'cream'*
- ♦ **Custard:** *readymade e.g. Alpro or make your own with Bird's custard powder and soya 'milk'*
- ♦ **Ice-cream:** *Tofutti, B'Nice, Oatly, Swedish Glace*
- ♦ **Yoghurt:** *Alpro, Sojasun (natural or fruit)*
- ♦ **Mayo:** *Plamil vegan mayo*
- ♦ **Margarine:** *Pure, Suma, White Flora spread*
- ♦ **Biscuits:** *most Bourbon biscuits, McVitie's Ginger Nuts, Crawford's Jam Rings, Hobnobs*
- ♦ **Crisps:** *Golden Wonder: Pickled Onion, Salt & Vinegar; Wheat Crunchies: Worcester Sauce Flavour; many Kettle Chips flavours*



"So, how do I cook vegan?"

The Vegan Society sells lots of cook books to get you started. We also have recipes on our website: www.vegansociety.com/html/food/recipes/ and there are loads of other vegan recipes on the net. Just do a search and get cookin'!

Breakfast

There are heaps of vegan choices for brekkie: cereal and fortified soya 'milk', wholemeal toast with dairy-free margarine and Marmite or nut butter/tahini; porridge with soya or rice 'milk', apple, cinnamon and chopped nuts. Fancy a fry up? Serve grilled or fried tomatoes and mushrooms with baked beans, vegan bacon rashers, vegan sausages, scrambled tofu



and toast. Or, for a special treat, how about pancakes? They're easy to make without eggs or dairy milk.

YUM!



TOP TIP

If you don't feel that you can go 100% vegan straight away then take it gradually by cutting out non-vegan foods bit by bit. If you are already veggie then start replacing the dairy foods and eggs with the vegan alternatives we have listed in this booklet. Perhaps aim for one vegan day a week and increase when you feel comfortable. If you are going to be cutting out meat too, then try the range of meat alternatives available. **Once you get going you'll be surprised at how great vegan food can be!**

Lunch box ideas Here are some sandwich suggestions to get you started - you will soon come up with your own favourites!

- ◆ Hummous (chickpea dip - found in most supermarkets) and salad.
- ◆ Vegan cheese and pickle with tomato and lettuce.
- ◆ Vegan bacon, lettuce, tomato.
- ◆ Vegan pâté and grated carrot.
- ◆ Peanut butter and banana.

Chuck in a bag of nibble sized veggies such as cherry tomatoes and baby carrots (or carrot sticks) for a colourful crunch. Add a small carton of soya yoghurt/dessert or some vegan cake or a flapjack to your box and you'll have a lunch that will make your mates beg you for some! (Don't forget to take some fruit or nuts to munch on in your breaks!)

Alternatives to sandwiches include vegan pies or pasties; pasta, bean or rice salads; soup.

For loads more lunch box ideas checkout <http://veganlunchbox.blogspot.com/>



Dinner It's easy peasy to veganise your old favourite dishes with all the meat and dairy substitutes around. Here's one to get you started.



Pudding! So many puds either are vegan or can be made vegan. Vegan pies and crumbles can be bought or made and served with dairy-free ice cream, cream or custard. Vegan cakes are easy to make and you can even make vegan jelly!





SPAGHETTI VEGANESE TOPPED WITH GRATED VEGAN CHEESE

(serves 4)

Ingredients:

- ♦ About 400g of spaghetti (check it doesn't contain egg)
- ♦ 2 tbsp olive oil
- ♦ 1 onion, peeled and chopped
- ♦ 1 clove of garlic, peeled and crushed
- ♦ 1 courgette, chopped
- ♦ 6 medium-sized mushrooms, sliced
- ♦ 1 red pepper, chopped
- ♦ 1 yellow pepper, chopped
- ♦ 1 tin of tomatoes

- ♦ Soya mince, veggie mince or TVP mince (not Quorn™ as it contains egg). Rehydrate the mince according to the packet (if necessary).
- ♦ Fresh basil - 10 leaves (optional)
- ♦ Vegan cheese (preferably the melting variety)

How to make it:

1. Heat the oil in a frying pan on a medium heat. Add the onion and fry for a minute or two then add the garlic.
2. Add the courgette, mushrooms and peppers and fry gently for about 5 minutes, stirring frequently. Stir in the tomatoes and continue to stir until the mixture begins to simmer.
3. Now stir in the soya, veggie or TVP mince and leave to simmer - stirring occasionally.
4. Prepare a large pan of boiling water and drop in the spaghetti (break it in half if you have to, rather than risk scalding your hands). Boil until tender and then drain.
5. Place the drained spaghetti on the plates and spoon on the veganeese sauce. Sprinkle with grated vegan cheese and garnish with a leaf of basil.

This sauce is also great on baked potatoes or topped with mash as shepherd's pie!



Eating Out

As a guest
If you are invited over to eat with non-

vegans do make sure that you let your host(ess) know well in advance. Find out what they are having to eat and give them a recipe for a vegan version or bring something with you to share.



Take a look at 'Vegetarian Britain' published by Vegetarian Guides (available from the Vegan Society) to find out where the vegan-friendly places are in your area.

School/college/university meals

If there are no vegan options at your school/college/uni then ask your head teacher, cook or their caterers if they would be able to provide some. Ask us for our '*Make your school/college vegan-friendly*' information pack and vegan catering booklet.

Public places

Meals like baked potato (ask for dairy-free marg!) with hummous and salad or baked beans should be easy to find. Ethnic restaurants such as Indian (ask them to use vegetable oil rather

than butter ghee), Chinese, Thai (ask for no fish sauce), Lebanese and Turkish are also a good bet!

TOP TIP

When out and about or travelling by train etc vegan munchies and meals may be hard to find. Spare yourself learning the hard and hungry way: be prepared and take some food with you! Look at our packed lunch suggestions and stock up on snacks like cereal bars, flapjacks, nuts and dried fruit, fresh fruit, crackers or crispbread - they can be real life savers!



Eating at home

If your folks are not very supportive of your decision to go vegan, one of the best ways to convince them is to show them that vegan food is very tasty and very good for you. Happily there are loads of great dishes that you can cook to prove them wrong! And you don't have to eat completely different meals from the rest of your family - just adapt a dish that fits in with theirs. For example, if they are having Spaghetti Bolognese, then use the recipe on page 9 to make a tasty veganese sauce to have with the pasta.



"Can I still play sports if I am a vegan?"

You bet! Far from being 'weedy weaklings' there are loads of sporty vegans out there who credit their wins to the healthy vegan diet.

Vegan athletes include: **Carl Lewis** winner of 9 Olympic gold medals **Pat Reeves** world power-lifting champion **Scott Jurek** 2005 and 2006 winner of Badwater Ultramarathon ('the toughest footrace on earth') **James Southwood** British savate (French kickboxing) champion **Brendan Brazier** 2003 and 2006 Canadian 50km Ultra Marathon champion and Ironman triathlete **Sally Eastall** Olympic marathon runner **Robert Cheeke** bodybuilder **Fiona Oakes** marathon runner **Robbie Hazeley** bodybuilder **Isis Clegg-Vinell** 2005 British gymnastics champion ...



For diet and training tips check out:
www.veganrunners.makesense.co.uk
www.veganbodybuilding.org
www.veganfitness.net

"NUTRITION:

Where do I get my...?"



Vitamin B12 (for healthy blood and nerve function).

B12 comes from bacteria found in the soil so most captive farm animals are given B12 supplements in their food. Make sure you have a reliable source of

vitamin B12 by eating foods such as fortified soya 'milk' or yeast extract (e.g. Marmite) - check the label as amounts vary - or take a supplement such as **VEG1**.

Vitamin D (helps absorb calcium and regulates the formation of bone). When your skin has enough sunlight, your body can create vitamin D, but in winter and when sun exposure is limited you will need to get it from your diet. Eat food that has been fortified with vitamin **D2** (e.g. some soya 'milks', margarines, breakfast cereals) or take a supplement such as VEG1. *Beware vitamin **D3** is animal-derived!*

Protein (for growth, maintaining tissues and making hormones).

The idea that it is difficult to get enough protein from vegan foods is just so not true! The average

person needs just 10-15% of the calories they consume to be protein. Wheat, oats and many nuts and seeds contain about 15% protein by calories, while most beans and many vegetables contain over 25% of calories as protein. **Eat a good variety of soya products, bread, pasta, nuts, seeds and beans every day.**



Calcium (for healthy bones). Good sources include tahini (sesame paste), almonds, green leafy vegetables, fortified soya milk and calcium-set tofu.

TOP TIP The Vegan Society's supplement

VEG1 is a convenient source of vitamin B12, vitamin D, iodine and selenium at a very low cost: just £4.99 for three months!

Essential Fatty Acids (omega-3) (these are the 'good' fats that support the cardiovascular, reproductive, immune, and nervous systems). People may tell you that you need the omega-3s found in fish to stay healthy, but they are also found in flax seed (linseed), hemp seed, rape seed (canola) oil, and walnuts. Just **one teaspoon of flax seed oil or one tablespoon of crushed flax seeds** every day will supply you with enough omega-3.

Selenium (acts as an antioxidant, good for your immune system). A Brazil nut a day is a good source of selenium or take a supplement such as VEG1.

Iodine (vital for good function of thyroid gland (in your neck) which produces hormones). Vegans can get iodine from some seaweeds such as kelp (kombu) or from a supplement like VEG1. It's not just vegans who need iodine supplements – British meat eaters get it from eating farmed animals whose food has had iodine added to it.

Iron (formation of blood). Good plant sources include dried fruits e.g. raisins and apricots, whole

grains (including wholemeal bread), nuts, green leafy vegetables, seeds and pulses. Iron is best absorbed with vitamin C rich foods, e.g. orange juice.

To get the most out of your vegan food eat a varied diet including plenty of brightly coloured fruit and vegetables and avoid highly processed foods, especially hydrogenated fats, and sugary or salty snacks.

For more in-depth information on vegan nutrition check out www.vegansociety.com/html/food/nutrition or read our free booklet 'Plant Based Nutrition'.





"What to wear on my face, body, feet and hair?!"

Being vegan does not stop at what you put *in* your body. What you put *on* your body needs a bit of thought too as animal products seem to find their way into the most unlikely places!

Make-up and Toiletries

Many cosmetics and toiletries have been needlessly tested on animals and often contain ingredients like beeswax, lanolin (from wool), silk, animal fat or slaughterhouse by-products. Blurgh! Who wants to put that on their skin?

Most good health food stores sell vegan toiletries. Look out for the Vegan Society symbol or take a look in the '*Animal Free Shopper*' for cruelty-free alternatives.

Clothes and shoes

Many shoes, jackets, belts and bags are made from leather, suede or silk. Happily for us - as well as for the animals - there are cruelty-free options.



Listed below are a few online shops where you can find some brilliant vegan things.

- www.lush.com (bath, hair and skin products)
- www.bboheme.com (shoes and accessories)
- www.crueltyfreeshop.com (make-up and more)
- www.ethicalwares.co.uk (shoes and clothes)
- www.freerangers.co.uk (shoes, bags, wallets, guitar straps, watch straps, sporrans)
- www.honestycosmetics.co.uk (toiletries, make-up and hair products, including hair dyes)
- www.vegansociety.com/shop (books, sweets, vegan condoms, t-shirts)
- www.veganstore.co.uk (food, toiletries, cosmetics)
- www.vegetarian-shoes.co.uk (vegan shoes)

Check out www.buav.org for more info on animal testing.





Reactions from your friends and family...

Hopefully, people will be supportive of your decision to go vegan, but if they do give you a hard time then here are a few tips:

Arm yourself with knowledge: it will give you confidence to stand up for your decision and prove that it's not just a 'phase'. Tell people the facts, but don't preach - it will just make them angry or switch off.

Cook your own food: to save your parents time. If you do not rely on ready-made foods then your food may even be cheaper than theirs! Go food shopping with your parents to help check labels and show them where to find vegan products.

Make contact with other vegans! Check out www.veganbuddies.org.uk. Look in *The Vegan* magazine to find your local Youth Contact.

Help 'vegucate' others about veganism: Become a **school representative** and put up a display in your library; organise a vegan week with vegan info and food samples; give a presentation or two! **Request our CD Rom for schools to help educate your classmates.** **Start a college/school or local group.** Check out www.activeg.org for news and inspiration! Visit www.vegansociety.com for loads of information or contact us for leaflets and booklets.

References

- i) Naylor et al, 'Effect of aquaculture on world fish supplies', *Nature* 405, 1017-1024 (2000)
- ii) Based on P.W. Gerbens-Leenes et al 'A method to determine land requirements relating to food consumption patterns' *Agriculture, Ecosystems and Environment*, 20, 2002; 90:47-58
- iii) J.L. Beckett & W.Oltjen, 'Estimation of the water requirement for beef production in the United States', *Journal of Animal Science*, 1993, 71:818-826
- iv) Based on DEFRA statistics 'Agriculture in the United Kingdom 2005'
<http://statistics.defra.gov.uk/esg/quick/agri.asp>



ABOUT
THE VEGAN
SOCIETY

The Vegan Society is an educational charity providing information on an animal-free lifestyle and related issues, and has been promoting the benefits of veganism for people, animals and the environment for more than 60 years.

Please send your completed form to:

The Vegan Society
Donald Watson House
21 Hylton Street
Hockley, Birmingham
B18 6HJ, UK

Tel: 0845 4588244
+44 121 523 1730

Fax: (+44) (0) 121 523 1749
youth@vegansociety.com
www.vegansociety.com

membership form

- Please tick box if you are a dietary **vegan**. This entitles you to voting rights in the Society's elections if aged 18+.
- I am renewing my membership. My membership number is:
- Please treat my membership subscription as Gift Aid. I have paid UK income or capital gains tax equal to the amount the Society reclaims.
- My income is less than £8000 per year and I qualify for the low income discount of 33%.*
- I wish to enrol other members of my household for an additional £7 each. **
Please provide full names of additional members (and specify if dietary vegan and/or under 18) on a separate piece of paper.

How to pay

Credit/Debit card (enter details on right)
Online: www.vegansociety.com "Support Us"
Direct Debit (please contact us for info)
Sterling Cheque/PO payable to The Vegan Society and drawn on a British bank, or sterling international money order.

Design by www.bojodesign.co.uk

Name:

Address:

Postcode:

Tel:
Email:

Date of birth:

membership fees

£	<input type="checkbox"/>	£7 Youth (under 18 years)
£	<input type="checkbox"/>	£21 Individual
£	<input type="checkbox"/>	*Less £7 low income discount if applicable
£	<input type="checkbox"/>	**£7 per additional household member
£	<input type="checkbox"/>	£350 Life
£	<input type="checkbox"/>	£5 Memorandum & Articles of Association
£	<input type="checkbox"/>	+£5 Europe / +£7 Rest of World
£	<input type="checkbox"/>	Donation
£	<input type="checkbox"/>	Total

Please debit my Visa/Mastercard/Access/Eurocard/
Visa Delta/Connect/Switch/Solo card number:

Name on card:
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Start date:
Switch issue No.:

Expires:
Today's date: