

Vegan

Terminology:

Facts:

16 billion animals are killed for food every year in the U.S.

2.27 million animals used in experiments (Can)

1.13 million animals used in experiments excluding mice and rats

Vegan: will not eat any animal products

- No meat, fish nor other products that come directly from killing an animal, such as animal fats and gelatine.
- No dairy products such as cows milk, cheese and yoghurt; nor goats milk.
- No eggs nor foods containing eggs
- No honey

Vegetarian: person who does not eat or does not believe in eating meat, fish, fowl, or, in some cases, any food derived from animals, as eggs or cheese, but subsists on vegetables, fruits, nuts, grain, etc.

Lacto-vegetarian: is used to describe a vegetarian who does not eat eggs, but does eat dairy products.

Ethical vegetarians: Ethical vegetarians believe that eating animals is unnecessary and unethical so they eat mostly plants (some still eat animal products (milk, eggs, etc)

Their argument usually goes something like this:

- If you can bring about less suffering in the world, then you should.
- Eating meat in general causes a vast amount of unnecessary suffering in the world.
- By not eating meat, you can decrease the demand for meat and thus decrease unnecessary suffering.



Reasons for Veganism

A) Ethical

Animal Welfare – denotes the desire to prevent unnecessary animal suffering (that is, whilst not categorically opposed to the use of animals, wanting to ensure a good quality of life and humane death.)

Animal Rights – denotes the philosophical belief that animals should have rights, including the right to live their lives free of human intervention (and ultimate death at the hand of humans. Animal rightists are philosophically opposed to the use of animals by humans.

Factory Farms

Debeaking
Chickens are unable to turn around or spread their wings
Dairy Cows chained at the neck induced with hormones
Veal – Calves denied mother milk
Bulls – dehorned and Castrated without any aesthetic
Killing Methods

The difference between animal rights and animal welfare has been summed up like this:

“Animal rights advocates are campaigning for NO cages, while animal welfarists are campaigning for BIGGER cages.

B) Religious

- In **Hindu**, **Jain** and **Buddhist** traditions the concept of nonviolence is translated into the practice of the following virtues:
 - non-injury to all living beings
 - not causing pain and suffering to others including plants and animals.
 - compassion towards all living creatures
 - abstaining from animal and human sacrifices
 - cultivation of forgiveness, universal love and friendliness

C) Environmental

- Massive meat consumption has led to numerous environmental problems such as, water pollution, soil erosion, energy shortages, and it requires an immense amount of land.
- A 1995 Canadian study proved that the production of meat requires 10x more energy than it would to produce grain products
- Animal production has a tremendous effect on soil due to overgrazing

D) Health

According to the ADA, vegetarians are at lower risk

- Heart disease
- Colorectal, ovarian, and breast cancers
- Diabetes
- Obesity
- Hypertension (high blood pressure)

More about cancer . . .

- Cancer mainly plagues western countries like Canada, Britain, USA – all countries that have a high intake of animal products
- Numerous scientific studies have proven that non-vegetarians are 50% more likely to die of cancer than vegetarians
- 1975 – Japanese study –Japanese women who consumed dairy products and had a traditional western diet were 8x more likely to develop breast cancer than those that followed a traditional Japanese diet.

Health Concerns of Vegetarian/ Vegan Diets

If you eat a well-planned, balanced vegetarian diet, you can gain plenty of health benefits. **HOWEVER**, as with any diet, if a vegetarian diet is not balanced, you can suffer from health ailments.

Iron Deficiency

Vegetarians have a higher risk of an iron deficiency or anemia than non-vegetarians, because the foods that have the most easily absorbed iron are red meat, liver and egg yolk. Vegans and ovo-vegetarians, on the other hand, do not eat meat but have less of a risk for anemia than vegetarians, because they do not consume dairy, which inhibits iron absorption.

You should be eating 36mg per day of iron. The highest amount of plant-based iron is from cooked spinach, which provides 15.7mg per 100 calories.

Zinc Deficiency

The Institute of Medicine, Food and Nutrition Board recommends that vegetarians should eat twice the amount of zinc as meat eaters. Zinc is important for growth and development during the childhood years. A lack of zinc can inhibit DNA and RNA synthesis and cell division, which causes growth retardation. Intake approximately 15 to 18mg of zinc, according to the American Heart Association.

Increase your intake of zinc by eating foods, such as durum wheat, rye, cashews, pumpkin seeds and spirulina.

Lack of Complete Proteins

Having a well-planned vegetarian diet means eating "complementary proteins" or "complete proteins." You can eat enough complete proteins without eating meat by eating plant-derived proteins that are as complete as meat proteins. Eating complete proteins can keep your body muscular, satisfy your appetite and provide you with ample energy until your next meal.

Tip:
To ensure you are getting all nine essential amino acids, try to vary your protein sources.

List of plant sources considered to be complete proteins:

- soy
- spirulina
- hemp seed
- buckwheat
- quinoa

Lack of Vitamin B12

Vegetarians -- especially vegans, who do not eat any animal proteins such as eggs and dairy -- should monitor their vitamin B12 intake. Deficiencies in vitamin B12 can cause anemia, a low amount of red blood cells. Vitamin B12 is only found in animal sources. To increase the amount of vitamin B12 you get, eat foods such as breakfast cereals, soy drinks and nutritional yeast that are fortified not enriched with zinc, according to the Mayo Clinic.

