

# WHY VEGAN?



Articles to help you discover  
more reasons to become, and  
stay, plant-based.

ALL VEGAN FOODS

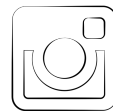
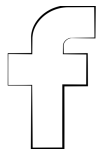
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## Welcome!

Thank you for subscribing, and we are thrilled to welcome you to All Vegan Foods! You will receive news and information on everything vegan.

As awareness for vegan lifestyles grows, for whatever your personal reasons or interest, AVF is here to provide you with new discoveries, plant-based point of views, and, of course, great food!



# The vegans are coming! What's fuelling the interest in plant-based eating?

This article was reprinted courtesy of [theconversation.com](http://theconversation.com)

Between the rise of plant-based sausages and veggie burgers that “bleed”, vegan protesters at supermarkets, and Disney adding hundreds of vegan items to its theme park menus, veganism is in the news. Not to mention the woman [trying to sue her neighbours](#) for their meat-grilling ways. For a group once perceived as placid and potentially anaemic, vegans have sure been making a lot of noise.

Who are the “new vegans” and what is behind their rise in prominence?



## Origin story

The term “vegan” was coined in 1944 by a group of people in the UK to describe a diet excluding meat, fish, dairy, and eggs. In 1988, the [UK Vegan Society](#) settled on a definition of veganism that described it as:

“... a way of living which seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose”.

For many years, veganism had relatively few adherents, and was largely dismissed as a fringe movement, if not met with outright hostility.

In his 2000 book, [Kitchen Confidential](#), Anthony Bourdain, didn't mince his words:

Vegetarians, and their Hezbollah-like splinter faction, the vegans, are a persistent irritant to any chef worth a damn. To me, life without veal stock, pork fat, sausage, organ meat, demi-glace, or even stinky cheese is a life not worth living.

Bourdain was by no means alone in his view of vegans. An analysis of [stories run in UK national newspapers in 2007](#) that used the words “vegan”, “vegans”, or “veganism” found that 74% of articles portrayed veganism negatively – describing vegans as hostile, oversensitive, or ridiculous.

Despite an initial bad rap, interest in veganism has been growing, particularly in the past decade. Data from Google Trends indicates that the relative frequency of Google searches for “vegan” has approximately quadrupled since 2012.

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A number of prominent public figures, such as Moby, Angela Davis, Bill Clinton, and Ellen Degeneres, have drawn attention to veganism. At the same time, numerous [studies](#) and [reports](#) have discussed links between meat consumption and health and environmental outcomes.

Media outlets such as The Guardian, NBC, and The New York Times have run stories on the mistreatment of animals on factory farms. Furthermore, popular movies such as Okja, about a young girl and her pig-like best friend, have been credited with [turning people toward plant-based diets](#).

## Challenging stereotypes

As veganism becomes more prominent, a number of people are challenging conventional beliefs, particularly the idea that one needs to eat animal products to be strong and healthy.

Touring at film festivals in 2018, and reaching mainstream Australian cinemas in August, [The Game Changers](#) draws on a mixture of dramatic footage, scientific studies, and celebrity glamour.

Executive produced by a team including James Cameron, Arnold Schwarzenegger, Jackie Chan, Lewis Hamilton, Novak Djokovic, and Chris Paul, The Game Changers bills itself as “a revolutionary new documentary about meat, protein, and strength”, and challenges the old stereotype of vegans as weak.

Vegan athletes stand in stark contrast to old-fashioned portrayals of hippie vegetarians.

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The film follows combat instructor and UFC fighter James Wilks as he travels around the world meeting people like world surfing champion Tia Blanco, eight-time US national cycling champion Dotsie Bausch, and strongman Patrick Baboumian. Sitting down with the chair of nutrition at Harvard University, Dr Walter Willett, Wilks discusses the benefits of plant-based diets.

## Motivation and Location

Although vegans are often motivated by some combination of concern for animal welfare, animal rights, health, and environmental sustainability, individuals often emphasise particular motivations more strongly than others.

Chef and activist Bryant Terry has written and spoken extensively on the health and food justice aspects of veganism. Youth climate activist Greta Thunberg adopted a vegan diet for environmental reasons. The [Forest Green Rovers Football Club](#) transitioned the food in their stadium to be 100% vegan in 2015, out of concern for animal welfare and environmental sustainability.

Other common motivations are religious and spiritual beliefs, adherence to social norms, a preference for the taste, smell, and texture of plant foods, and an explicit rejection of mainstream industries that treat animals like commodities.

## East meets West

Although veganism is often discussed through a Western cultural lens, several Eastern philosophies – such as Hinduism, Jainism, Buddhism, and Taoism – favour plant-based diets. Hinduism, practiced by the majority of India's population, has a [history of plant-based diets](#) extending across thousands of years.

While in many Western countries, vegans may be negatively stereotyped or face social alienation, responses to those following plant-based diets in other cultures differ markedly.

In India, for example, the present day food hierarchy places a plant-based diet at the top as it is associated with a higher status. The slaughter of animals and meat-eating is associated with a certain [baseness](#) and physical and spiritual [pollution](#).

Similarly, many people in China regard plant-based eating as central to physical, mental, and spiritual well-being. In 2016, the Chinese government released [updated dietary guidelines](#) encouraging their population of more than 1.3 billion to reduce their meat consumption by 50% between now and 2030 for primarily health-related reasons.

Reaction to veganism in other cultures is not always positive though. Japanese media has expressed concern about how vegan tourists and locals can maintain their diet in a nation "[hooked on meat](#)".



## Is the future plant-based?

Today, countries with traditionally meat-based diets - such as Germany, France, Italy, Spain, and South Africa - are among the world's top ten when it comes to the global share of [vegan product launches](#).

The adoption of plant-based diets and lifestyles is projected to keep rising. For example, the percentage of Italians who identified as vegan [nearly doubled from 2016 to 2018](#), and the number of vegans in the UK [quadrupled between 2014 and 2018](#).

In 2017, the [global plant protein market](#) was valued at US\$10.5 billion (A\$15.65 billion) and this number is predicted to increase to USD \$16.3 billion (A\$24.3 billion) by 2025.

In the future we can expect to see and hear more from those who choose not to consume animal products.

# Top five ways to boost your health in 2019 - based on the latest research

Originally published last year, these classic rules never go out of style.

Reprinted courtesy of [theconversation.com](http://theconversation.com)

It's the start of a new year and there is no doubt that 2019 will be as saturated with nutritional nonsense as 2018. From appetite suppressant lollipops to activated charcoal, the wellness industry was worth [\\$4.2 trillion in 2017](#) and this figure is set to keep rising.

With this in mind, the start of the year seems like a good time to round up the latest health research – to give you a better understanding of the best things to do to support your health in 2019 that are based on evidence.

## 1. Eat more fruit and veg

Last year saw a sharp rise in the number of people adopting vegan and plant-based diets. The scientific jury is still out on whether a completely vegan lifestyle is the best thing for our health in the long run, but eating more fruit and vegetables has always been high on the list of positive things you can do for your body.

A growing area of interest is the impact of diet on brain function. One big review of studies published in 2018 reliably demonstrated that for every additional 100g of fruit or vegetables eaten, there is a 3% [reduction in the risk of depression](#).

The last couple of years have also seen increased interest in the role of polyphenols – [particularly flavonoids](#) – in our overall health. These phytochemicals are naturally occurring in fruit and vegetables and are responsible for helping the plant to stay healthy. Unlike vitamins, they are not essential to our health but they do help to prevent disease and keep our bodies working effectively. It is thought that they benefit the immune system and have an anti-inflammatory effect. This means they can play a role in the [prevention of progression of many diseases](#) – including diabetes, neurodegeneration, cancer and cardiovascular disease.

## 2. Do less sitting

Research shows that exercise can not only help us to reduce our waistlines – by helping to create the right balance between energy in and energy out – but there is strong evidence to show that being physically active reduces the risk of [colon cancer, womb cancer and breast cancer](#).

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This is thought to be because of the improvement in hormone profiles in those who are exercising regularly. There is also [really strong evidence](#) to show that exercise is a [great way to improve our mental health](#).

At the start of a new year, it can be easy to think that you need to be joining a gym, aiming for visible abs and adopting that latest gruelling workout schedule – but the truth is that [anything that gets you off the sofa](#) will do wonders for your health. In essence, the less time you spend sitting still, [the better](#).

## 3. Get more sleep (but not too much)

There were several interesting breakthroughs in research in 2018 in linking the “dose” of sleep we get and our health outcomes. It turns out that too much as well as too little sleep [increases the risk of heart disease, diabetes and obesity](#). Healthy adults need between [six and nine hours of sleep a night](#).

New research has also revealed how [lifestyle interventions](#) can help to extend people’s sleep – and how a better night’s sleep might help to [improve dietary intake during the day](#). The same research also found that partial sleep deprivation can lead to people craving higher energy foods and – consuming more than 400 additional calories over the course of a day.

## 4. Make a stress management plan

Modern life can cause huge stress and this has a [massively detrimental effect](#) on our health. This is why it’s important that any plans you make to improve your health in 2019 should not add to your stress burden. Put in place an effective stress management plan for the year ahead. This should include an understanding of the cause of your stress and a plan in place for [how to reduce your hormonal response](#) to these stresses.

## 5. Drink more water

Did you know that being just 1% dehydration can [impair your ability to concentrate](#)? We all know that drinking water is great for us but, on a busy work day, forgetting to drink enough and then becoming just slightly dehydrated can really impair our performance and increase stress.

Make sure you keep a reusable water bottle with you to keep topped up. You're looking for your urine to be the colour of pale straw throughout the day. Don't fall into the trap of adding lemons to your water either – [lemon juice is more damaging for tooth enamel than coca-cola](#).



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Ultimately then, for the year ahead, aim to focus on your overall wellness and not just one aspect of it. This is important, because a strict diet that adds to your stress because you can't find anything to eat, or an exercise regime that has you up at five in the morning everyday is going to have many of its benefits offset by detrimental health effects. And as the research shows, being tired and stressed makes eating healthily much more difficult.

So rather than adopting a strict new diet or intense daily workout regime, aim for small achievable health goals each week and you'll soon start to notice sustainable benefits.

# What Exactly Is A Healthy Vegan Diet?

Reprinted from AllVeganFoods.com

What does a healthy vegan diet look like? Many people don't know what a healthy diet is, let alone a vegan one. I got talking with a neighbor at the grocery store recently. He invited me to join his tai chi classes, and talked about general health benefits. I took a chance and asked him if he knew of any local vegan communities. His response was dismissive. "When I was training at the gym, all the vegans fizzled out quickly. A vegan diet doesn't work."

He went on to admit that the small group (one person, actually) of vegans he had met was back in the 1970s, over 40 years previous. I ventured to mention all the top vegan bodybuilders with videos on YouTube. "With the lack of educational resources on diet before the Internet, the vegan you met probably lived on pasta," I commented. The neighbor was not impressed enough to inquire more, and proudly announced that he "eats everything." Needless to say, the man soon excused himself and went on his way.

So, do we really want to know about healthy eating, or are we slowly poisoning ourselves?

According to the National Cancer Institute, Americans do not meet federal dietary recommendations. Sure, opinions vary when it comes to what healthy eating means. But little debate emerges about what is not healthy, and the American population does not seem to care. The following is an excerpt from an NCI study:

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"The majority of the population did not meet recommendations for all of the nutrient-rich food groups, except total grains and meat and beans.

Concomitantly, overconsumption of energy from solid fats, added sugars, and alcoholic beverages ("empty calories") was ubiquitous. Over 80% of persons age  $\geq 71$  y and over 90% of all other sex-age groups had intakes of empty calories that exceeded the discretionary calorie allowances. In conclusion, nearly the entire U.S. population consumes a diet that is not on par with recommendations. These findings add another piece to the rather disturbing picture that is emerging of a nation's diet in crisis."

[Read more here](#)

## How to know what a healthy vegan diet is

In the hype of vegan diets, do you know what a healthy vegan diet is? You may have the suspicion that vodka and potato chips are vegan but not exactly healthy. But what about the vegan burgers you can buy in the supermarket or the lentil soup?

Once upon a time I happily ate any kind of processed foods. When I chose to become vegan, I continued to look for quick, processed vegan options for meals. A healthy vegan diet does not rely on processed foods and alcohol. This means you buy fresh produce with few exceptions. Let's take a look at fresh produce:

- Fresh vegetables and fruit
- Whole grains and spices
- Legumes and beans (dried, not canned)
- Nuts and seeds



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The above items are all fresh produce. Of course, we are subject to seasonal and regional harvests, so including frozen produce as part of a healthy vegan diet is fine. Note that we are not talking about heavily salted, seasoned or sweetened fruits and nuts, like pre-made energy bars. Some basics for your food pantry, ingredients that have a minimal amount of processing, are healthy choices to include, nevertheless. Here are a few good items to keep on hand:

- Soy sauce
- Tahini
- Brown rice vinegar
- Apple cider vinegar
- Coconut aminos
- Sprouted bread
- Nut butter
- Non-dairy milk

Canned vegetables and legumes are quite commonly found just about anywhere. It's a good idea to get into a regular habit of cooking with dried legumes rather than canned, mostly because the salt content and other additives found in canned food. However, canned legumes are still nutrient-rich and worth having in your cabinet.

The bad news is that the burgers and pre-made bean soups are all processed. So are all other kinds of vegan/vegetarian meals and fake meat. The good news is that you can easily prepare meals yourself and freeze. How does a lentil-walnut burger with a paprika sauce sound or a meatloaf with glaze?

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Not everything we prepare has to look like meals with meat and fish. Usually in the transition period it's nice to have something familiar to eat. Keep in mind that just because something says vegan on the package does not make it necessarily healthful for you. As you become more committed to a vegan lifestyle, you may not want so much meat like food, which is only trying to trick your brain instead of transforming your thinking. We can cook delicious vegan meals, and it can be just as easy as opening a package of processed fake meat.

If you know nothing about cooking, let alone vegan cuisine, don't fret. It's a lot easier to do than many people think, and infinitely more healthful, no question. We all know that dark, leafy greens are rich in cancer-fighting goodness, for example. But due to the heavy lobbying and marketing of the meat and dairy industries, few Americans are aware that healthier alternatives, such as pulses – seeds of legumes that pull nitrogen from the air to create protein – are an important protein source globally. [The American Institute for Cancer Research](#) reports that dry beans and peas are rich in fiber (20% of Daily Value) and a good source of protein (10% of Daily Value). They are also an excellent source of folate, a B vitamin.

In Dr. Michael Gregor's book, *How Not To Die*, the author goes into detail about the best foods to include in a healthy vegan diet. Check out Gregor's Daily Dozen in this video below:

## Dr. Greger's Daily Dozen



Beans



Berries



Other Fruit



Herbs



Nuts



Spices



Cruciferous Vegetables



Leafy Greens



Other Vegetables



Whole Grains



Beverage



Exercise



At any rate, we all inherently know when we are eating badly. It goes without saying that processed foods are addictive because of added sugars, salt, and saturated fats. If you want to live a long healthy life on a healthy vegan diet, make a concerted effort to cut the processed crap out of your daily food consumption.

Follow us along our vegan adventures:

