

VEGAN

FOR THE ANIMALS.
FOR THE PLANET.
FOR OURSELVES.

(AND BECAUSE IT'S THE RIGHT THING TO DO)

<https://sites.psu.edu/siowfa14/2014/12/01/is-being-a-vegan-really-that-unhealthy/>

VEGAN

BECAUSE MY BODY

ISNT A GRAVEYARD

<http://followgreenliving.com/veganism-new-ism/>

Veganism

A Healthy Way of Eating For All Populations

The Vegan Society Definition of Veganism

“A way of living that is free from the cruelty of animals in all aspects. This includes exploitation, consuming animals, wearing animals as clothing, and using them as testing agents for human benefits.”

What Is Veganism?

- Is a diet in which the use of animal products such as meats, dairy products, and eggs or animal based ingredients are absent from the diet
- It goes beyond the diet and these groups of people refrain from clothing used by animals as well
- They avoid accessories, makeup, home made furniture or anything associated with animal tested products
- They often stay away from zoos, aquariums, dog/ horse racings as well that exploit animals

The Vegan Diet: Foods To Eat

- Fruits & Vegetables
- Beans & Seeds
- Grains
- Tofu, Tempeh, Seitan
- Algae
- Nutritional Yeast



<https://followgreenliving.com/veganism-new-ism/>

The Vegan Diet: Foods To Avoid

- MEAT
- Poultry
- Dairy
- Animal based ingredients
- Fish
- Seafood
- Eggs
- Honey



<http://www.atlanteanconspiracy.com/2012/08/the-best-way-to-prevent-death.html>

Benefits of Vegan Diets

- Weight Loss
- Regulation of Metabolic and Cardiovascular Disease
 - Diabetes
 - Hypertension
 - Kidney
- Cancer Risk
- Arthritis
- Thyroidism

BENEFITS OF BEING VEGAN



Aids in managing diabetes

Helps in treating rheumatoid arthritis

Effective in treating bronchial asthma

Helps in slowing human aging process

Helps to combat obesity in all age groups

Reduces risk of cancer and Parkinson's disease

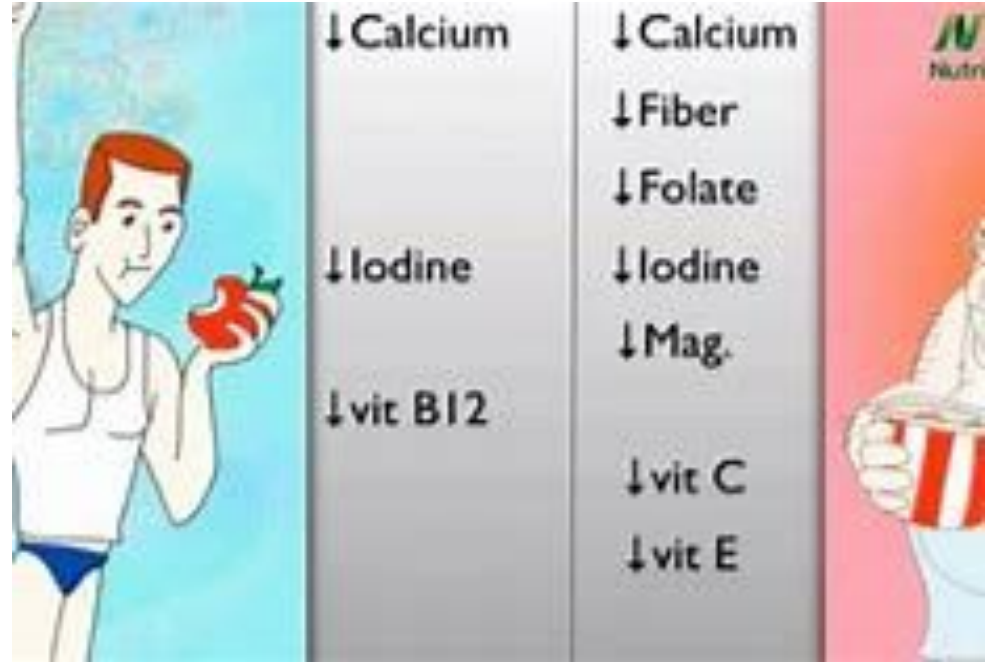
Soy products help to maintain bone health in post-menopausal women

Note: Pregnant and nursing women on vegan diet should be careful regarding intake of essential nutrients

www.organicfacts.net

Nutritional Deficiencies With Vegan Diet

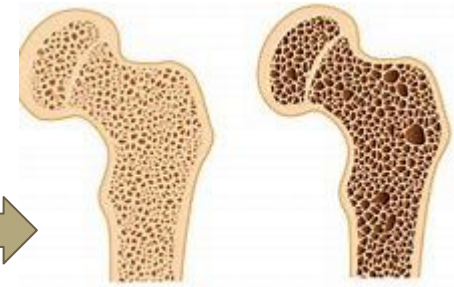
- B 12
- Calcium
- Iron
- Vitamin D
- Iodine
- Zinc



<https://curiosity.com/paths/omnivore-vs-vegan-nutrient-deficiencies-nutritionfacts-org/>

Negative Effects of Veganism

- Increased risk of osteoporosis
- Decreased production of red blood cells
- Weakened immune system
- Digestive problems

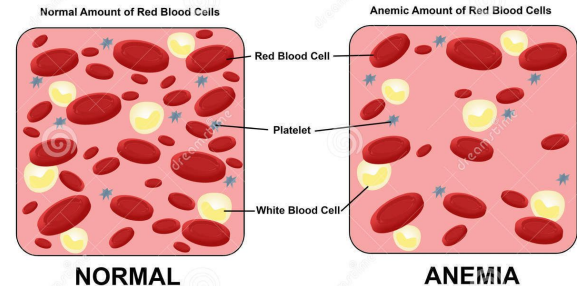


Healthy bone

Osteoporosis

<https://www.caribbeanmedstudent.com/2016/01/osteoporosis/>

ANEMIA



NORMAL

ANEMIA

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DIGESTIVE
PROBLEMS

Top10
Home Remedies



<http://www.rediff.com/getahead/slide-show/slide-show-1-health-11-things-that-weaken-immune-system/20110104.htm>

Is Veganism Expensive?

- NO!
- The foods vegans eat are inexpensive
- Considering most of the foods are
 - Vegetables
 - Fruits
 - Whole Grains
 - Legumes



<http://happyhappyvegan.com/vegan-diet-expensive/>

Is It Worth It To Go Vegan?

- OF COURSE
- Many health benefits associated with the diet
- A whole lifestyle change
- Save money
- Live longer
- Disease risk decrease drastically

