

# Vegan Diet

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## Abstract

Often referred to as “strict vegetarian”, this eating plan excludes all fish, poultry, meat, eggs, dairy, and any other animal by-products such as honey or animal gelatin. World Vegan Day, observed on November 1, honors vegetarians and vegans or eggs or cheese or maybe mayonnaise or honey or whey. Even gelatin or anything made of or derived from an animal. They also don't wear or use any accessories, apparel, or other items made of animals. No wool, pearls, leather, or pianos with ivory keys. In 1994, the vegan holiday was introduced to mark the Vegan Society's 50th anniversary. Strict veganism forbids the use of any animal product, even if it isn't used in food. However, like every lifestyle choice that ends in “-ism,” there are many people who cheat. Because vitamin B12 is almost exclusively found in animal sources, many vegans consume fortified foods or supplements to acquire the recommended dosage. Veganism is still associated with the animal-rights movement and is still considered to be on the fringe even though American vegetarianism has emerged from its philosophical and religious foundations and is now an accepted health choice. Many restaurants now offer vegetarian options, and most hosts of dinner parties now inquire, “Is anyone vegetarian?” before deciding on the menu.

## Key words

Veganism, fruitarian, Grahamites, nutritional adequacy, fortified food, supplementary food, health.



## Diet History

Coined in 1944 by Donald Watson, the word “vegan” was first published in The Oxford Illustrated Dictionary in 1962. The desire to separately identify dairy and non-dairy vegetarians prompted the beginnings of a coalition made up of non-dairy vegetarians. Donald Watson, Elsie Shrigley, and a few other like-minded individuals met on November 1944 in London to discuss the name of this new group. Although the term has not been around for that long, veganism has

been practiced for thousands of years. Although it is less commonly followed than some of the other vegetarian diets, the term is fairly well known. Although the name "veganism" was first used in 1944, the idea of avoiding flesh dates back to ancient Indian and eastern Mediterranean communities. Veganism is an extreme type of vegetarianism. Around 500 BCE, the Greek philosopher and mathematician Pythagoras of Samos made the first reference to vegetarianism. In addition to his right triangle theorem, Pythagoras encouraged kindness in all living things, including humans. Vegetarianism was also promoted by adherents of Buddhism, Hinduism, and Jainism who believed that people shouldn't cause suffering to other creatures.

In England in 1847, the first vegetarian group was founded. The American Vegetarian Society was co-founded three years later by Rev. Sylvester Graham, the man behind the creation of Graham crackers. Graham, a Presbyterian pastor, preached a life of virtue via vegetarianism, temperance, abstinence, and regular bathing. His adherents, known as Grahamites, followed his advice. Watson seized on the fact that 40% of British dairy cows tested positive for tuberculosis the previous year to support his argument that adopting a vegan diet protects humans against contaminated food. He published an official explanation of the word's pronunciation three months after he first used it: "Veegan, not Veejan," he said in his newly launched Vegan Society newsletter, which at the time had 25 members. There were 250,000 vegans who self-identified by the time Watson passed away in 2005 at the age of 95, and there were 2 million in the United States. Fiona Apple, Woody Harrelson, and Moby are all vegans. Dennis Kucinich is also.



### **How does it work?**

Veganism is a philosophy and 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; and by extension, promotes the development and use of animal-free alternatives for the benefit of animals, humans and the environment. In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals.

—The Vegan Society, Definition of veganism, <https://www.vegansociety.com/go-vegan/definition-veganism>

We should all carefully decide what to call our group, our publication, and ourselves. Like "non-lacto," "non-dairy" has become a widely accepted colloquialism yet it is too negative. Furthermore, it does not imply that we are against the consumption of eggs. We need a name that implies what we do consume and, ideally, one that communicates the concept that, despite the fact that all animal foods are forbidden, Nature nevertheless provides us with a confusing array of options. We appear to need to coin a new and more fitting word as the terms "vegetarian" and "fruitarian" are already connected to cultures that tolerate the consumption of cows and poultry, respectively. I have adopted the name "The Vegan News" for this inaugural edition of our magazine since it had to have a name. If we do this, our diet will quickly be known as a vegan diet, and we ought to strive to become vegans.

Veganism is considered a lifestyle philosophy and not just a diet. Its rationale is based on ethical concerns for animal rights or the environment through the consumption of foods, thus eliminating animal products or by-products. Vegans also used plant-based products, and avoid leather, fur, and other items made from animal products including cosmetics and soaps.

### **Pros and cons**

If nutritionally balanced, the Vegan Diet is a very healthy way of eating. Dining out, however, can be quite challenging and some vegan products are expensive.

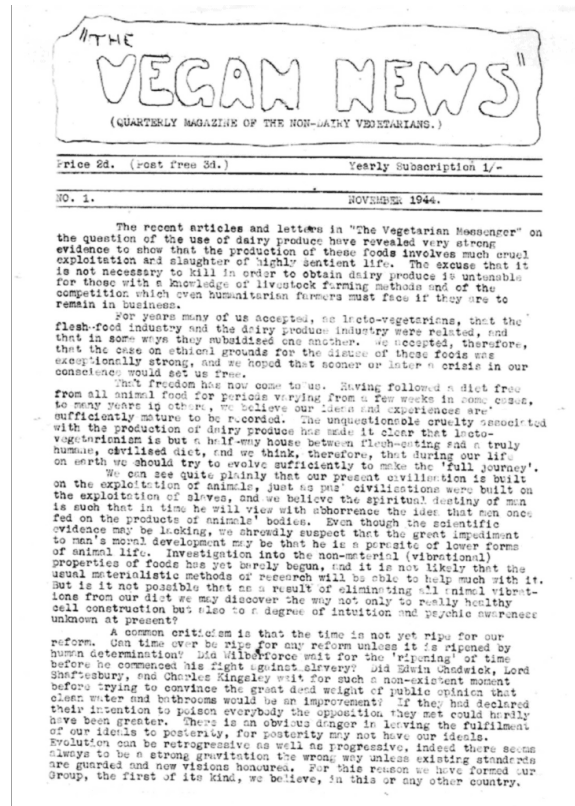
- Vegan eating plans only consist of plant-based meals.
- According to research, vegan or vegetarian diets high in plant-based meals are linked to lower levels of LDL cholesterol, better control of blood sugar, and lower blood pressure.
- Vegans need be careful to get adequate amounts of essential nutrients, such as vitamin B12, calcium, iron, and certain omega-3 fatty acids.

### **Is it for you?**

This diet is often followed for the health and environmental reasons, out of concern for or in protest of the treatment of animals, or for religious reasons.

If planned carefully, the Vegan Diet is appropriate for anyone. You can eat as much of anything as you like that is allowed on the diet but remember to choose foods and beverages 25 calories per serving or less to consume as “free” foods two or three times per day if you are limiting calories as well.

Since animal products contain vitamin B12 and D, it is important that vegans obtain these and other vital nutrients (including calcium, iron, zinc and high-quality protein) from fortified, non-animal sources. Infants, children, teenagers, pregnant or lactating women, or anyone new to the diet should have their eating habits examined by a dietitian in advance to ensure nutritional adequacy.



### **Nutrients to be aware of**

- The majority of vitamin B12 may be found in animal products, and it is crucial for healthy metabolism, neuron, heart, and muscle function. Those who consume a vegan diet ought to choose B12-fortified foods. Furthermore, considering that a B12 deficiency may not be detected on a blood test for years, people who adopt a vegan diet should speak with their doctor about monitoring their levels of B12 and their possible need for a supplement.
- The health of your teeth, nerves, bones, and muscles depend on calcium, which is best absorbed when combined with vitamin D. Mostly found in dairy products, this vitamin is also present in trace levels in leafy greens like kale and broccoli. Additionally, fortified foods including tofu, bread, and plant-based dairy substitutes contain it. Following a vegan or vegetarian diet was linked to decreased bone mineral density and greater fracture risks, according to a comprehensive analysis. Since calcium and vitamin D are essential for bone health, persons who follow a vegan diet are encouraged to consult their doctor to see whether a supplement may be required.

- The health of the heart and metabolism depend on iron. Animal meals are the main source of it. Even while spinach, beans, lentils, whole grains, and other plant-based meals are fortified with iron, the iron they contain is in the form of non-heme iron, which is less accessible than the heme iron found in animal products.
- Polyunsaturated fatty acids of the omega-3 kind have been linked to improved cardiovascular health. Alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA) are the three forms we consume most frequently. With the exception of select marine plant sources, EPA and DHA are mostly found in animal diets. In contrast, ALA is found in plant sources such flaxseed, chia seeds, and walnuts. Only a limited amount of ALA is transformed by our bodies into EPA and DHA. Microalgae and seaweed dietary items or supplements are vegan choices for EPA and DHA.

### **Lifestyle Changes**

The Vegan Diet involves gradual behavioral adjustment in learning to identify items that contain animal substances or by-products.

### **Healthy Tips**

- Look for products fortified with vitamin D, B12, calcium, and iron.
- Complementary proteins do not have to be consumed in the same meal and need to be eaten within 24 hours.
- Use nutritional yeast to add vitamin B12 to your diet.
- Search for the products with the vegan emblem when food shopping and use them to guide your selection.

### **Sample Menu**

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cheese toast(whole-wheat bread or vegan cheese), apple, grape juice	Tofu scramble, whole wheat toast with vegan margarin e, kiwi, cranberry juice	Whole wheat begal, peanut butter, strawberries, orange juice	Tofu scramble, whole wheat toast, vegan margarine, banana, tea	Multigrain in English muffin, nut butter, cantaloupe, and honeydew cup, apple	Oatmeal, whole wheat English muffin, vegan margarin e, orange, tea	Whole grain cereal with soy milk, blueberries, orange juice

					juice		
Lunch	Soy hot dog on whole wheat bun, vegetaria n baked beans, unsweete ned applesau ce, soy milk	Veggie whole wheat crust pizza with vegan cheese, garden salad, oil and vinegar dressing, strawberr ies, soy milk	Spinach salad with oranges, walnuts and raspberry , vegetabl e soup, whole wheat crackers, soy milk	Tofu and veggie burrito, blue corn chips with salsa, pineappl e, soy milk	Sandwic h with veggie turkey slice, lettuce, tomato, tofu mayonna ise and alfalfa sprouts, lentil soup, fruit cup, soy milk	Tofu Reuben sandwic h with vegan cheese, baked sweet potato fries, raspberr y and blueberr y cup, soy milk	Vegetari an chili (made with soy), peanut butter and jelly sandwic h on wholegr ain bread, peaches, fortified soy milk
Dinner	Green bell pepper stuffed with rice and tofu crumble, carrots, whole wheat dinner roll, pear, soy milk	Tofu and veggie kabobs, mango, soy milk	Broiled tempeh, broccoli with red bell peppers and onions, wild rice with pecans and raisins, plums, soy milk	Nine- bean loaf, mashed cauliflo wer, green beans with slivered almonds , wheat dinner roll, vegan margari ne, grapes, soy milk	Whole wheat pasts with marinara sauce, tofu crumbles and vegan parmesa n, spinach, waterme lon, soy milk	Veggie burger on wholegra in bun with lettuce, tomato, onion, tofu mayonna ise, and vegan cheese, roasted red potatoes with olive oil,	Eggplan t parmesa n made with vegan cheese, asparag us, whole wheat dinner roll, vegan margari ne, apricots, soy milk



						fruit kabobs, soy milk	
Snacks	Whole wheat crackers with natural peanut butter, low-sodium vegetable juice with nutritional yeast	Fruit smoothie (with soy, rice milk, yoghurt, or soft tofu) popcorn with nutritional yeast	Low-sodium vegetable juice with nutritional yeast, cracker with nut butter	Whole wheat pita, hummus, nuts and dried fruit mix	Fruit cup, popcorn with nutritional yeast	Celery stalks, hummus, vegan rice cream topped with wheatgerm	Whole grain bagel, nut butter, soy yogurt with fruit

## Resources

[www.vrg.org](http://www.vrg.org)

[www.americanvegan.org](http://www.americanvegan.org)

[www.veganviews.org.uk/vvcrossref.html](http://www.veganviews.org.uk/vvcrossref.html)

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